

Good News!

Starting September 1st,
Teladoc through Aetna now
includes mental health care.

With **Teladoc's mental health care**, you can speak with board-certified psychiatrists or licensed psychologists/therapists for a wide range of issues, such as anxiety, depression, stress, and more.

You can schedule a video visit with a Teladoc therapist of your choosing seven days a week, from the comfort of your own home. Build your relationship with that same mental health professional by requesting follow-up appointments through the secure online message center.

HOW MENTAL HEALTH CARE WORKS

1. Choose a provider

You choose a care provider by reviewing provider profiles. You may use the same provider through the course of care.

2. Select date & time

You select a date and time of visit from 7 am to 9 pm, 7 days a week.

3. Meet with provider (video only)

The care provider meets with you by video and provides treatment and goal-setting.

4. Schedule ongoing treatment as needed

You can schedule future visits with the same provider on the secure online message center.

What you get with
\$0 copay*

MENTAL HEALTH CARE

Secure, discreet, and confidential ongoing support for mental or behavioral health issues.

Common conditions treated:

- Anxiety/stress
- Depression
- Grief
- Eating disorders
- Trauma resolution
- PTSD
- Work pressures
- Panic disorders
- ADHD

GENERAL MEDICAL CARE

As a reminder, you still have access to 24/7 virtual care through Teladoc.

* If you are currently participating in a High Deductible Health Plan (HDHP), your copay may be more if you have not satisfied your in-network deductible. Please remember that Teladoc visits are different than your regular health care virtual visits.

HOW TO CONTACT TELADOC

- Call: **1.855.TELADOC (835.2362)**
- Visit: **www.teladoc.com/aetna**
- Go to **www.teladoc.com/mobile** to learn more or download the mobile app from the App Store or Google Play



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