

# Mental Health Care



## Access to convenient, confidential, and quality treatment by phone or video.

With Mental Health Care, members have easy access to quality care for a spectrum of conditions, without the obstacles of conventional in-office options. Members can speak with board-certified psychiatrists, licensed psychologists/therapists by phone, video, or text, from wherever they feel most comfortable. Members can conveniently connect and build ongoing relationships with mental health professionals of their choice, without the travel or waiting at the provider's office.

16M

Americans live with major depression

70%

of mental health patients have a medical comorbidity

\$201B

spent annually on mental health in the U.S.

When individuals suffering from physical issues also have mental health conditions, their costs are two- to three-times greater than those without mental health concerns.

## How Mental Healthcare works



### Initiate

The member provides basic information, including eligibility, by Teladoc app, phone, text, or web.



### Schedule

The member selects a preferred mental health provider and schedules a virtual visit.



### Consult

The member speaks with the selected provider and builds an ongoing relationship.



### Support

Ongoing mental health management support is provided.

## Benefits

### Access

Members have access to high-quality virtual care for a wide variety of mental health issues.

### Utilization

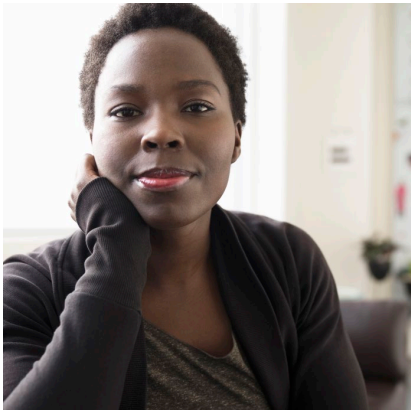
Teladoc's proven engagement efforts connect with members in their time of need and drive utilization.

### Effective results

More than 75% of members with depression or anxiety reported improvement after their third or fourth virtual care visit.

## Common conditions treated

- Anxiety
- Depression
- PTSD
- Stress
- Panic disorder
- Family/marriage issues
- Grief
- Eating disorders
- Substance abuse
- Trauma resolution
- Work pressures
- ADHD



“My experience was seamless—I scheduled an appointment through the Teladoc app, the therapist was right on time, and I was able to have my session without ever leaving work! What I loved most was that I was able to see the same therapist throughout my care. What a great service!” **Emma S., health plan member**

## LEARN MORE

[TeladocHealth.com](https://TeladocHealth.com) | [engage@teladochealth.com](mailto:engage@teladochealth.com)

### About Teladoc Health

Teladoc Health is the global virtual care leader, helping millions of people resolve their healthcare needs with confidence. Together with our clients and partners, we are continually modernizing the healthcare experience and making high-quality healthcare a reality for more people and organizations around the world.

