



Peace of mind happens here.

Available 03/01/2020

Speak with a licensed therapist from anywhere

Taking care of your mental health is an important part of your overall well-being. With Teladoc’s Behavioral Health, adults 18 and older can get care for anxiety, depression, grief, family issues, and more. Choose to see a psychiatrist, psychologist, social worker, or therapist and establish an ongoing relationship.

Support for stress, anxiety, depression, and more.

Appointments available by video only to members and eligible dependents 18 and older.

“As a working mom with two small children, finding ‘me time’ is almost impossible. So having easy access to an amazing psychologist through Teladoc has been an invaluable benefit.”

Ade O., Teladoc member

Why use Teladoc’s Behavioral Health service

- ✓ Confidential treatment
- ✓ Convenience to speak with a therapist from anywhere
- ✓ Flexible scheduling
- ✓ Quick access to the right provider for you

Teladoc doesn’t offer a crisis hotline. Appointments must be scheduled.

Confidential therapy on your terms

🔗 Teladoc.com/Aetna | 📱 Download the app

Behavioral Health

How to request a visit

Scheduling a video visit with a therapist is easy and convenient. You can make an appointment seven days a week, from 7 a.m. to 9 p.m. local time. Appointments are confirmed within 72 hours.

Please schedule your appointment online or via the Teladoc app. Although call center reps cannot schedule appointments for you, they can answer your questions.

Behavioral Health Employee Cost Share:

Select Open Access:
\$50 specialist copay

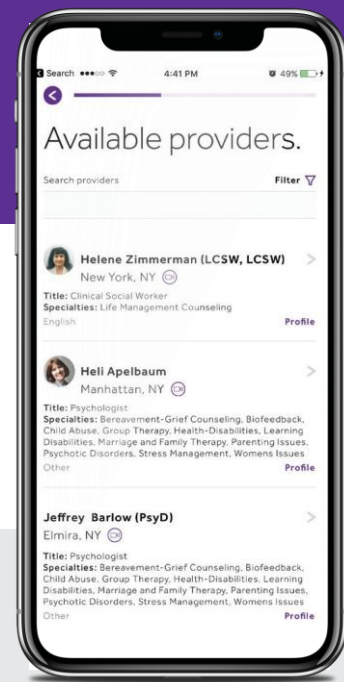
Choice POS/CDHP: 20% of cost
after deductible

Psychiatrist (initial visit)
\$160* or less/evaluation

Psychiatrist (ongoing visit)
\$90* or less/session

Psychologist, licensed clinical
social worker, counselor, or therapist
\$80* or less/session

*Costs may vary



How to schedule a visit

- 1 Register your Teladoc account via web or app or log in to your account if you're already registered
- 2 Request a visit
- 3 Answer a few questions
- 4 Select your therapist
- 5 Request a time for your appointment

