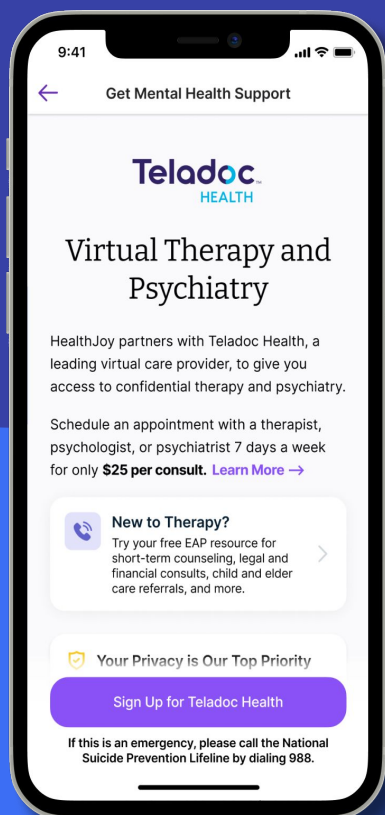
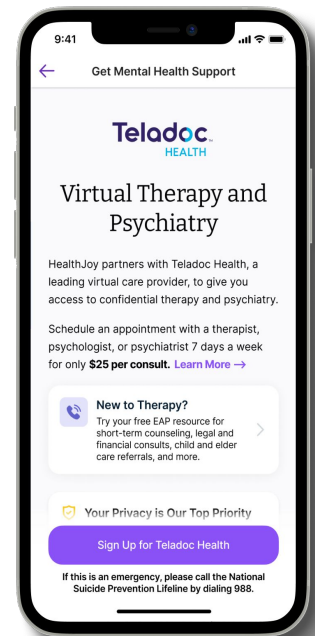




Mental Health

Mental Health

Mental Health care provides quality virtual therapy and psychiatric services for a spectrum of conditions with support from board-certified psychiatrists and licensed psychologists/therapists.



Choose a therapist, psychologist or psychiatrist who fits your needs

Schedule visits 7 days a week from wherever you're most comfortable



Access high-quality mental health providers with self-guided programs between sessions to build resiliency



Anywhere, anytime access allows you to connect and build ongoing relationships with trusted mental health professionals

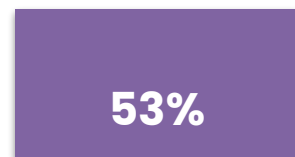


Mental Health

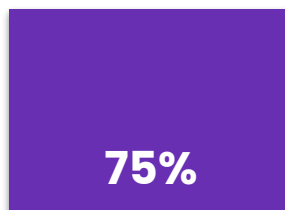
How It Works

- Access the service through the HealthJoy home screen and complete a brief mental health questionnaire to help your therapist or psychiatrist understand where you are and how you're feeling
 - Choose a therapist or psychiatrist who fits your needs. You can select a time or times that work best for you and can have your visit within three to seven days of confirmation
 - Following your appointment, mental health providers use a secure member message center to share a summary of the visit. A member of Teladoc Health's licensed nursing staff may also reach out to you directly by phone after your visits to follow up if needed.
- Mental Health services are available at no consult fee to the member. Psychiatry consult fees will be paid directly by the member.**

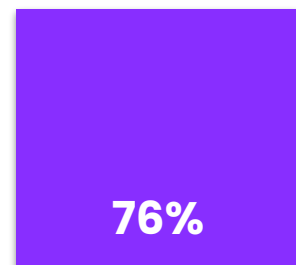
Outcomes



**Reduction in
depression scores**



**Improved anxiety
after 4 visits**



**Improved depression
after 3 visits**



Mental Health FAQs

When should I choose Mental Health services?

If you're overwhelmed, not feeling like yourself, confused about a personal situation, or experiencing anxiety or depression, HealthJoy can help.

Mental Health services allow you to schedule a visit with a licensed therapist or an appointment with a board-certified psychiatrist to help manage medications or more serious diagnoses.

Therapists and psychiatrists are available for appointments seven days a week from 7 a.m. to 9 p.m. Visits can take place wherever you are most comfortable, by phone or video. Visits with a therapist only last as long as you feel you need them.

What should I expect during my visit?

You will have a conversation with the mental health professional just as if you were at their office. We're here to make you feel comfortable and heard.

What types of mental health professionals can prescribe medications?

Therapists cannot prescribe medication. Psychiatrists can prescribe medications. Teladoc Health psychiatrists cannot prescribe any controlled substances or medications for the treatment of bipolar disorder or schizophrenia. Prescriptions for these drugs require in-person care and ongoing monitoring. You can use our services for therapy or guidance or to obtain other medications. However, if you are currently taking any of the above drugs, they cannot prescribe refills.

Can I talk to the same therapist/psychiatrist every time?

Yes. You can see the same specialist throughout your treatment.

How do you match me with the right mental health professional?

When you schedule a visit, Tealdoc Health will ask questions about your preferences for your mental health professional. They will also ask you questions about your specific needs. You will be able to choose from a selection of matching provider profiles, which will display information including gender, language and specialties.