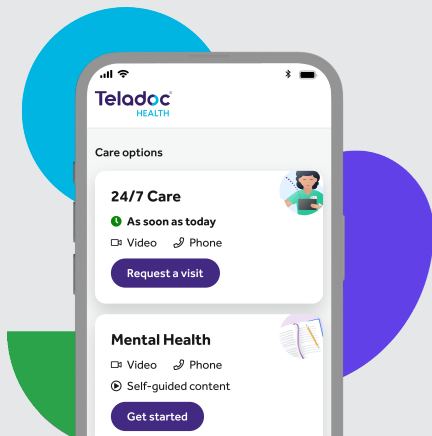


Mental Health: What to know about this benefit



Did you know 1 in 5 adults battle with Mental Health challenges each year?¹

This means it's likely you or someone you know may need to find mental health help at some point. Our Teladoc Health plan might offer additional services like meeting with mental health professionals by phone or video. This care is always private because you choose when and where to meet with the therapist (like at home, in your vehicle). Our experts help with stress, anxiety, sleep and more so you can care for yourself emotionally. Your mental health deserves as much attention as your physical health. So join the 75% of people using the Teladoc Mental Health benefit who say this service has helped them feel better in just 3 appointments.

- **What Mental Health services does Teladoc Health provide?** Teladoc Health licensed therapists are here for you no matter what you are facing, whether it's big or small. They can help you improve your mood with things like:
 - Learning to stay calm in stressful moments
 - Managing and understanding depression
 - How to handle relationship and family problems
 - Controlling anxiety caused by work or personal issues
 - Working through past trauma
 - Overcoming burnout which could be causing mental or physical exhaustion and irritation
- **How much does Teladoc Health cost?** Your out of pocket cost varies based on your plan. If you do have to pay, you will see your cost before you finish requesting your visit. You can pay with a credit card, prepaid debit card, HSA (health savings account), or by PayPal.
- **How do I sign up?** To sign up for Teladoc Health, scan the QR code below to download the app, call 1-855-477-4549, or visit the website. After you set up your account, you will fill out a short medical history. You can choose the provider who you like and best fits what you are looking for. Then you will schedule a private visit at a time - and place - that works for you.

Call 1-855-477-4549

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¹ <https://www.nami.org/mhstats>