

# Your path toward mental well-being



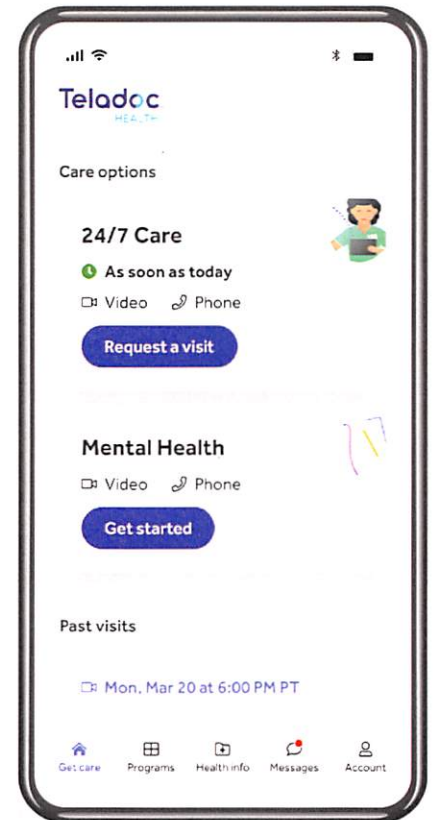
**Teladoc**  
HEALTH

  
health net

With Teladoc Health Mental Health,  
get confidential care and support from  
anywhere you are, 7 days a week.



### Reach out so you can:

- ✓ Choose a therapist based on their profile and specialties
- ✓ Talk by phone or video, 7 days a week from the privacy of your home
- ✓ Build a relationship with a therapist you can trust to get help for anxiety, depression, sleep issues, mood swings and more



## Get guidance and peace of mind today

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (800-835-2362) | Download the app  

For General Medical, dependents under 18 years old, the primary account holder must request a visit on their behalf. This can be done by app, website or phone

Mental Health is limited to eligible members ages 18+. Teladoc Health does not provide psychiatric services or mental health medication management to adolescents. For the most current pricing of your Teladoc Health services, please log in to your Teladoc Health account. Teladoc Health is not available internationally.

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