Teladoc® HEALTH

Behavioral Health Through Teladoc Health®



Speak with a licensed therapist from anywhere

Taking care of your mental health is an important part of your overall well-being. Teladoc Health helps with a variety of issues. Choose to see a psychiatrist, psychologist, social worker or therapist and can help an ongoing relationship.

How to schedule a visit

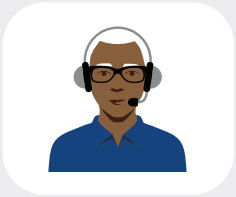
Scheduling a video visit with a therapist is easy and convenient. You can make an appointment seven days a week, from 7:00 AM to 9:00 PM local time. Appointments are confirmed within 72 hours.

1. **Register your Teladoc Health 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.**

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

Please note: members may be charged a $50 fee for no-shows and cancellations within 24 hours of a scheduled mental health visit.

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Teladoc Health behavioral health experts provide support for:

- Anxiety.
- Depression.
- Stress.
- Mood swings.
- Not feeling like yourself.
- Trauma and PTSD.
- Relationship conflicts.
- Medication management.



Simple. Transparent. Versatile.
At Meritain Health®, we're creating unrivaled connections.

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