

healthiestyou™

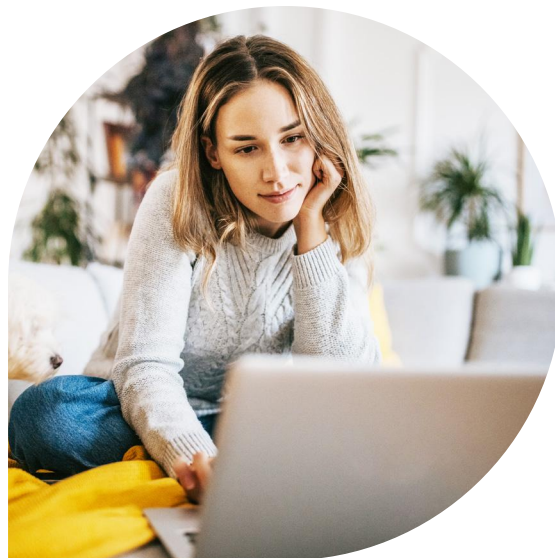
By Teladoc



Washington
Hospitality
Association

Mental Health Care

Rapid access to high-quality care from anywhere



With Mental Health Care, members have easy access to high-quality care for a spectrum of conditions without the obstacles of conventional in-office options. Members can consult with board-certified psychiatrists, licensed therapists and board-certified psychologists by phone or video from wherever they feel most comfortable. Members can conveniently connect and build ongoing relationships with mental health professionals of their choice without travel or waiting at the provider's office.

27M

ADULTS WHO EXPERIENCE
MENTAL ILLNESS ARE
UNTREATED¹

70%

OF MENTAL HEALTH PATIENTS
HAVE A MEDICAL COMORBIDITY²

6 weeks

ON AVERAGE TO GET AN
APPOINTMENT IN TRADITIONAL
BRICK AND MORTAR SETTINGS

How Mental Health Care works



Initiate

The member provides basic information, including eligibility, by Teladoc Health app, phone or web.



Schedule

Using filters such as state, specialty, race or gender, the member selects a provider that best fits their need and schedules a virtual visit.



Consult

The member speaks with the selected provider and builds an ongoing relationship.



Support

Ongoing mental health management support is provided.



“

My experience was seamless—I scheduled an appointment through the Teladoc Health app, the therapist was right on time and I was able to have my session without ever leaving work! What I loved most was that I was able to see the same therapist throughout my care. What a great service!*

Emma S., health plan member

Benefits

Symptom improvement

More than 75% of members with depression or anxiety reported improvement after their third or fourth virtual care visit.³

Personalized engagement

Teladoc Health's proven engagement efforts connect with members in their time of need and drive utilization.

Rapid access

Members have convenient access to high-quality virtual care for a wide variety of mental health issues from wherever they feel most comfortable.

Common conditions treated

Anxiety

Depression

Post-traumatic stress disorder (PTSD)

Stress

Panic disorder

Obsessive-compulsive disorder (OCD)

Grief

Work pressures

Attention deficit hyperactivity disorder (ADHD)

*The testimonials, opinions and statements reflect one member's personal experience with Teladoc Health. Results and experiences may vary from person to person and will be unique to each member. The testimonials are voluntarily provided and are not paid. The individual in the photo is not the member who provided this testimonial.

¹Mental Health America Access to Care Ranking 2022

²Modern Healthcare: <https://www.modernhealthcare.com/reports/behavioral-health/#::-text=While%2029%25%20of%20adults%20with,have%20a%20medical%20co%2Dmorbidity>.

³Data Disclosure CLO044, August 2019.

LEARN MORE: TeladocHealth.com | engage@teladochealth.com

About Teladoc Health: Teladoc Health is empowering all people everywhere to live healthier lives by transforming the healthcare experience. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages clinical expertise, advanced technology and actionable data insights to meet the evolving needs of consumers and healthcare professionals.

Teladoc
HEALTH