



# Feel like yourself again

Now available

## Don't wait to get the support you need

In addition to your Teladoc Health 24/7 Care services, you now have Mental Health support. Get confidential therapy 7 days a week for conditions like depression, anxiety, stress, marital or family issues and much more by phone or video.



On average,  
**90% of people**  
who used our mental health solution  
say it helped them **feel better**.\*

### The benefits of using Teladoc Health Mental Health

- ✓ Choose the therapist who best fits your needs
- ✓ Speak with an expert from wherever you are most comfortable
- ✓ Schedule an appointment when it's convenient for you
- ✓ Confidential treatment for as little or as long as you need

## Find a therapist who works for you

Visit [Teladoc.com/Aetna](https://Teladoc.com/Aetna) | Download the app  | 

\*Based on Teladoc Health data