TELADOC®

Feel like yourself again



Is therapy right for you? Scan this QR code to take the 60-second quiz and find out.

Build a relationship with an experienced therapist or psychiatrist of your choice by phone or video



Our experts provide support for:

- Anxiety, stress, depression
- Mood swings
- Not feeling like yourself
- Relationship conflicts
- Trauma and PTSD
- Medication management

Start making progress

1. Set up your account and fill out a brief medical history
2. Choose the expert you think will be the best fit for you
3. Pick the preferred dates and times that fit your schedule
4. Make progress from wherever you're most comfortable

Get started—it's already part of your benefits

Visit TeladocHealth.com

Call 1-800-DOC-CONSULT (362-2667) | Download the app

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