



Feel like yourself again

Is therapy right for me?
Take the quiz at
Teladoc.com/Therapy/Quiz

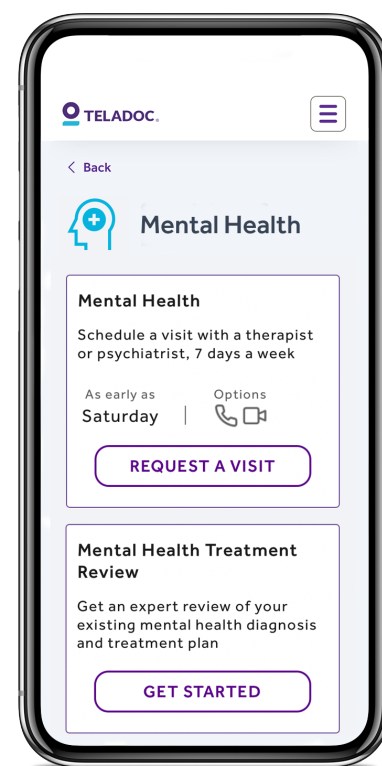
Build a relationship with an experienced therapist or psychiatrist of your choice by phone or video

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 Teladoc.com

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