



mental health.

Asking for help can be scary.
Our expert mental health care isn't.

Discover mental healthcare tailored to you. With expert guidance and personalized mental wellness plans.



No claims/copays | Consults in 1-3 days | Nationwide coverage | Provider matching

member benefit.

You have easy access to a licensed, Master's level counselor with at least 10 years experience..

- 24/7 mental health support (ages 12+)
- Connect with a master's level clinician
- Rapid appointments available for urgent needs
- Scheduled appointments available for your convenience
- Stay on track with regular follow-ups and check-ins to keep making goal progress
- Your mental health is personal, and we keep it that way



conditions treated.

included but not limited to:

- Alcohol and drug dependency
- Anxiety
- Burnout
- Child or elder care matters
- Codependency
- Daily stress
- Depression
- Eating disorders
- Physical, emotional, or sexual abuse
- Relationship concerns
- Work conflicts

Please call (833) 794-3863 to schedule a therapy session.

Throughout the calendar year, you will be notified of how many appointments you have remaining.