



Peace of mind happens here.

Speak with a licensed therapist from anywhere

Taking care of your mental health is an important part of your overall well-being. With Teladoc's Behavioral Health, adults 18 and older can get care for anxiety, depression, grief, family issues, and more. Choose to see a psychiatrist, psychologist, social worker, or therapist and establish an ongoing relationship.

“As a working mom with two small children, finding 'me time' is almost impossible. So having easy access to an amazing psychologist through Teladoc has been an invaluable benefit.”

Ade O., Teladoc member

Why use Teladoc's Behavioral Health service

- ✓ Confidential treatment
- ✓ Convenience to speak with a therapist from anywhere
- ✓ Flexible scheduling
- ✓ Quick access to the right provider for you

Teladoc doesn't offer a crisis hotline. Appointments must be scheduled.

Call or text 988 - The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you'll connect to mental health professionals with the Lifeline network.

Confidential therapy on your terms

MyDrConsult.com | Download the app

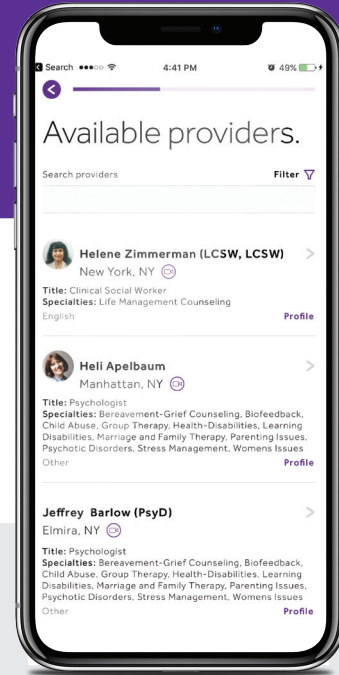


Behavioral Health

How to request a visit

Scheduling a video visit with a therapist is easy and convenient. You can make an appointment seven days a week, from 7 a.m. to 9 p.m. local time. Appointments are confirmed within 72 hours.

Please schedule your appointment online or via the Teladoc app. Although call center reps cannot schedule appointments for you, they can answer your questions.



How to schedule a visit

- 1 Register your Teladoc account via web or app or log in to your account if you're already registered
- 2 Request a visit
- 3 Answer a few questions
- 4 Select your therapist
- 5 Request a time for your appointment

	Cost (copay) per visit		Cost per visit (while still in deductible phase)	
	200 Plus	200	Current	Eff. 1/1/24
Niagara University plan specific costs				
Psychiatrist (initial visit)	\$10	\$25	\$190	\$215
Psychiatrist (ongoing visit)	\$10	\$25	\$95	\$100
Psychologist, licensed clinical social worker, counselor, or therapist	\$10	\$25	\$85	\$90

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