



# Convenience

## You can access behavioral health televideo counseling services from anywhere

### Time saving care from anywhere.

You already have access to trained professionals for counseling. But it's not always easy to find the time to talk with someone when you need help.

With televideo services, you have another way to get help. And whatever you're facing, you have the same support: psychiatrists, social workers, marriage counselors and more.

#### Connect with ease

No travel, referrals or downloads. Just use your webcam with any web-connected device.

#### Face-to-face in your space

Just like being in the same room, you and your provider can see each other's faces as you talk. Have your sessions wherever you're most comfortable, at home or while traveling.

#### Same person, every time

Get one provider that gets you. No readjusting to someone new. You can build comfort, so your care stays on track.

#### Speak freely, privately

Feel the confidence to express your feelings. It's confidential, safe and secure.

#### Your time, your choice

You choose when, where and how you meet. There's no travel or traffic. Just more flexibility to fit in your life, how you like it.



# You've got choices!

Televideo makes it easier than ever to access services. And a behavioral health televideo session will cost the same as a face-to face office visit.

Multiple providers offer these services to you. To get started, call one of the provider groups in your area.

If you live in:	Call:	To schedule a session:
Any state or the District of Columbia	<b>MDLive</b>	Toll-free: <b>1-855-824-2170</b> <a href="http://www.mdlive.com/BHCOMM">www.mdlive.com/BHCOMM</a> (accepts patients ages 10 and older)
California, Delaware, Florida, Illinois, Missouri, New Jersey, New York, Pennsylvania, Texas, Virginia	<b>Array AtHome Care</b> (formerly Inpathy)	Toll-free: <b>1-800-442-8938</b> <a href="https://insightportal.mahlerhealth.com/">https://insightportal.mahlerhealth.com/</a> (accepts patients ages 5 and older)
All states not covered by Array AtHome Care	<b>Telemynd</b> (formerly Arcadian)	Toll-free: <b>1-866-991-2103</b> (accepts patients ages 18 and older)

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