



## Access Mental Well-being Services from Anywhere

With telehealth and virtual mental well-being programs, you can easily get help you need from providers who are part of your network. So, whatever you're facing, you'll have support, including counseling, medication or help with mental health concerns. Plus, you can see providers when and where it's convenient for you.

However, depending on your plan coverage, some services may not be covered. You'll want to confirm telehealth eligibility by checking your member website for plan details or calling the number on your ID card, prior to receiving services. Below is a list of providers you can access for a variety of concerns or conditions.

### Depression, anxiety or mental well-being concerns

#### Brightline

- For ages 0 up to 18
- Available in NY, NJ, CT, MA, WA
- <https://www.hellobrightline.com/meritain>
- Digital platform, video visits
- High-quality and evidence-based mental health care for kids, teens and their families delivered via a hybrid approach (physical clinics wrapped around with virtual care).

#### Telemynd

- For ages 5 and up
- Available nationwide
- <https://Telemynd.com/meritain> or 1.866.991.2103
- Digital platform, video visits
- Telebehavioral health platform that matches members to licensed therapists and psychiatrists to meet their unique needs.

#### Talkspace

- For ages 13 and up
- Available nationwide
- <https://www.talkspace.com/Meritain>
- Digital platform, video visits
- Virtual service that connects members with licensed mental health providers for counseling, therapy and medication support. All care is delivered through a private and secure digital platform (iOS/Android/Web) so members can schedule a live video session from anywhere or any device.

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### Meru Health

- For ages 18 and up
- Available nationwide
- <https://www.meruhealth.com/sign-up/meritain/>
- Digital platform, video visits and in-app chat
- Virtual 12-week digital therapy program with chat support for depression and anxiety. It features a wearable biofeedback device that helps train members to increase focus and manage physical responses to stress.

### Brightside Health

- For ages 18 and up
- Available nationwide
- [www.brightside.com/meritainhealth/](http://www.brightside.com/meritainhealth/)
- Digital platform, video visits and in-app chat
- Virtual mental health care offering designed for the full spectrum of symptoms, including crisis care. Treatment is grounded in data and tailored to participants' needs – including precision medication, therapy and 1:1 dedicated support.

### Rula

- For ages 5 and up
- Available in all 50 states
- <https://rula.com/meritain> or 1.323.205.7088
- Digital platform, video visits
- Telebehavioral health platform that matches members to licensed therapists and psychiatrists to meet their unique needs.

### Alma Health

- For ages 5 and up
- Available in all 50 states
- <https://helloalma.com/meritain>
- Digital platform, video visits, in-person care
- Telebehavioral health platform that matches members to licensed therapists and psychiatrists to meet their unique needs; about 30 percent of Alma providers also offer in-person care options.

## Serious Mental Health Conditions

### Charlie Health

- For ages 11 to 34
- Available in AK, AZ, CA, CO, DE, FL, GA, ID, IL, IN, IA, MD, MI, MO, MT, ND, NE, NM, NV, NH, NJ, NY, NC, OH, OR, PA, SC, TN, TX, UT, WA, WI, WY
- <https://CharlieHealth.com/> or 1.866.491.5196
- Digital platform, video visits and group sessions
- Virtual intensive outpatient (IOP) treatment, including individual therapy, family therapy and peer connection, for teens and young adults.

## Chronic medical conditions and mental health

### AbleTo

- For ages 18 and up
- Available nationwide
- <https://member.ableto.com/meritain/> or **1.844.330.3648**
- Digital platform, video visits
- Virtual eight week therapy program designed for a broad population with moderate to high mental health symptom severity and a range of psychosocial complexity. Participants in this program meet weekly with a licensed therapist via phone or secure video, with access to digital activities and tools for support between the live sessions.

## Eating disorders

### Equip Health

- For all ages
- Available nationwide
- <https://equip.health> or **1.855.387.4378**
- Digital portal with messaging, video visits and group sessions
- Evidence-based virtual outpatient treatment for eating disorders supported by a multidisciplinary care team for a holistic approach to lasting recovery.

**Telehealth (telemedicine) or virtual services:** connects you and your provider via a secure televideo platform for counseling, support, education and medication management from the location of your choice.



**Availability:** specific availability by state is subject to change without notice.

**To learn more about your benefits or if you have any questions, simply call the number on the back of your medical ID card.**

This flyer is for information and is not meant as medical advice. Health benefits plans contain exclusions and limitations. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is believed to be accurate as of the production date; however, it is subject to change.

### Simple. Transparent. Versatile.

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