

## Benefits

# Virtual Behavioral Health

Comprehensive behavioral health care from therapy and counseling to psychiatry and medication management. Most behavioral health visits are available within 48 hours\*, far more accessible than in-person care.

\*Subject to provider listed availability

## What's Included

- Virtual Psychiatry
- Therapy & Counseling
- Intake and PHQ9 Assessment
- Risk Stratification
- Primary Care Coordination



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## Example Conditions Treated

- ADHD / ADD
- Anger Management
- Anxiety & Stress
- Bipolar Disorder
- Depression
- Eating Disorders
- Sleeping Disorders
- Smoking Addiction
- Substance Abuse
- Grief & Loss
- PTSD
- OCD



## Service Highlights

- **Psychiatry:** Psychotherapy and mental health medication management, offering individualized care plans tailored to support emotional well-being and recovery. This service ensures ongoing monitoring and adjustments to help patients achieve optimal mental health outcomes.
- **Therapy and Counseling:** Therapy and counseling services from social workers and mental health psychologists, focusing on evidence-based practices to promote resilience and improve quality of life.
- **Intake & Assessment:** Behavioral health-focused assessment, including depression screening, to facilitate early detection and personalized interventions. These assessments are critical for identifying risk factors and providing timely support to mitigate potential crises.
- **Risk Stratification:** Analytics to identify those most at risk of behavioral health challenges to proactively engage and treat, enabling efficient allocation of resources for maximum impact.

