



## Virtual Behavioral Health

Reaching out for emotional support is a way for you to manage a rough or challenging time in your life. It's a chance to reset your thoughts, and move forward with a renewed outlook and perspective on what's ahead.

Connecting with a **Teladoc® licensed therapist** can be an important step in getting the help you need. Scheduling a visit can happen quickly – **with most appointments in 7 days or less**. Plus, it's available through your plan coverage.\*

Check your benefit summary or contract for details on member cost share at [MyIH.com](https://myih.com)

### Your Teladoc Benefit is Here to Help

- Managing Stress
- Processing Grief
- Managing Anxiety/Depression
- Improving Sleep
- Navigating the Workplace
- Improving Relationships

### Emotional Support Designed for You



#### Personalized Plan

Receive a clear path to support, customized to your preferences.



#### Recommended Content

Learn from hundreds of activities, articles and videos.



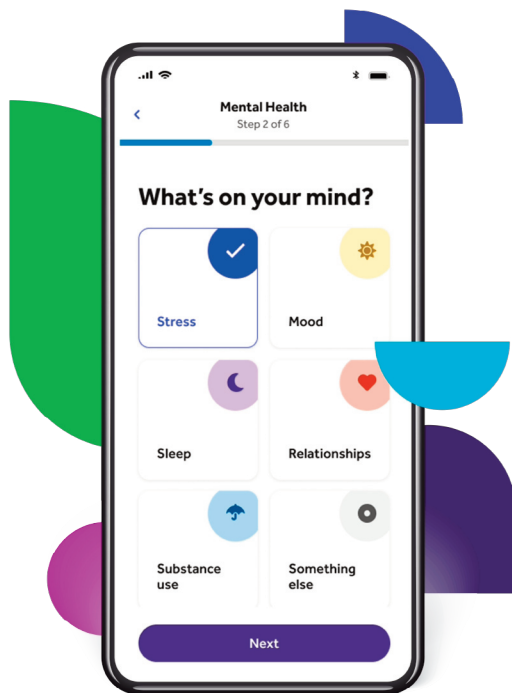
#### In-the-Moment Tools

Practice techniques to help calm and inspire you and strengthen your emotional health.

## Requesting a Mental Health Visit

**Create an account:** Visit [teladochealth.com/benefits/ih](https://teladochealth.com/benefits/ih) and enter the required information.

1. **Sign in** to the patient portal using your username and password. Select the “Mental Health” tile.
2. **Select** yourself or a dependent for whom you’d like to create a visit.
3. **Complete the medical intake form** noting your desired visit time, contact information, details about the reason for your visit, pharmacy information and emergency contact.
4. **Fill out** the evaluation form and select the pharmacy you would like to use, if needed.
5. **Review and confirm** your upcoming visit details and submit your request.  
Visits with a licensed therapist are typically available within 7 days or less.



Strengthen your emotional health  
whenever, wherever you need to  
with the Teladoc Health app.



## Questions?

Visit [independenthealth.com/telemedicine](https://independenthealth.com/telemedicine) or call a RedShirt® at (716) 631-8701 or 1-800-501-3439.



You Deserve the RedShirt Treatment.®



Benefits vary by plan. \*Check your benefit plan documents for your applicable member cost share and other information associated with the telemedicine benefit. If your plan is HSA-qualified, by law, you are responsible for paying the full cost of Teladoc services until your deductible is satisfied.

Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. ©Teladoc, Inc. All rights reserved. Teladoc and the Teladoc logo are registered trademarks of Teladoc, Inc. and may not be used without written permission.