

# Personal support for a healthier mind



## Mental Health Coaching by Teladoc Health is a flexible and convenient digital program with proven tools and dedicated support for stress, depression, insomnia, and more.

Mental Health Coaching by Teladoc Health (Teladoc) makes finding the right mental health support easy. It offers evidence-based self-guided digital content and tools to support you wherever you are on your mental health journey.

### You are in control

With Mental Health Coaching you'll feel empowered with:

- **A personalized plan.** Answer a series of questions and you'll get a plan designed just for you.
- **Digital content and resources.** Explore self-guided activities and tools based on your goals and needs.
- **In-the-moment tools.** Calm yourself down, shift your thinking, get inspired, and feel more hopeful.
- **Additional support.** You can access care when you need it, whether in-person or virtually, through the Teladoc app.

### Receive support for some of the following conditions

- Depression
- Anxiety
- Insomnia
- Trauma
- Bipolar disorder
- Chronic pain
- Substance use (Alcohol, drugs, opioids, and nicotine)



## Mental Health Coaching on the go

Strengthen your emotional health whenever, wherever you need to with the Teladoc Health app. Download the app to your smartphone from the App Store<sup>SM</sup> or Google Play<sup>TM</sup>.

### How to get started

If you are a new Mental Health Coaching or Teladoc user, you will need to complete your account registration and medical history to access the program. To begin the registration process, visit [teladochealth.com](https://teladochealth.com) and select *Register Now*.

Once registered, please complete the following steps:

1. Complete the required login fields with your Teladoc account username and password.
2. Select *Sign In*.
3. Select the *Mental Health* tile and click on *Go to Program or Get Started*.
  - You will see "Self-guided content" as part of the Mental Health tile. From here, you can click through to explore the Mental Health Coaching content on demand.
4. Select *Explore your program*.
5. Begin your assessment by clicking *Start assessment*.

**Note:** Eligibility confirmation may take up to 48 hours. Additionally, you may be prompted during the eligibility process to provide a registration code. Please use **INDEPENDENCE** as your registration code.

Teladoc Health and the practitioners accessible through Teladoc Health are independent companies and contractors not affiliated with Independence Blue Cross. Please consult a physician for personalized medical advice. Always seek the advice of a physician or other qualified health care provider with any questions regarding a medical condition.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.



Better health made possible

