

## Get the emotional health support you want and deserve





Discover Teladoc Health Mental Health, a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

## Teladoc Health empowers you with:



A personalized plan. Answer a series of questions and Teladoc Health will create a plan designed just for you. Recommended digital content and resources. Explore self-guided activities and tools based



In-the-moment tools. Learn calming techniques, shift your thinking, get inspired and feel more hopeful.

Teladoc Health<sup>®</sup> takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA. Please see our <u>Notice of Privacy Practices</u> for more information on how Teladoc Health uses your health information.

on your goals and needs.

## Get started

You can join by visiting **TeladocHealth.com/mhsindiana** or call **800-835-2362** TTY: 711

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone, tablet or smartwatch.

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2362 o visite TeladocHealth.com/Peace