

NEWLY ADDED BENEFIT for Ancira Healthplan Insureds & Insured Dependents effective 1-1-2022

Download the Teladoc app to your cell phone and complete your Registration & Health History for easy access!

This benefit is paid for by Ancira.

All visits are 100% confidential and billed in aggregate to Ancira (not billed "by individual"). Ancira pays a monthly lump sum for the benefit.

Mental Health

The stress-free and cost-effective way to access high-quality support for mental and emotional well-being



- Care from board-certified psychiatrists, psychologists or licensed therapists that the member chooses
- Get support for anxiety, eating disorders, depression, grief, family difficulties, and more
- Offered 7 days a week by phone or video, in a setting you choose
- Can receive ongoing support with the same doctor or therapist
- Provides a secure, discreet, and confidential support resource

CHOOSE A THERAPIST

Medical history needs to be completed prior to request

Member can choose a therapist based on specialty, location, language, gender and ability to prescribe medication

Can keep the same therapist through the course of care

SELECT A DATE AND TIME

The appointment request will be accepted within 72 hours

Able to schedule recurring appointments

Appointments available seven days a week, 7 am to 9 pm local time

MEET WITH THERAPIST (PHONE OR VIDEO)

Provides treatment and goal setting

Ability to speak with the therapist by phone or video sessions

ONGOING TREATMENT

Schedule future appointments with the same therapist

Follow-up through the secure online message center

Ongoing nurse outreach to evaluate care and provide additional guidance

Teladoc



You Deserve to Live Your Best Life

MyStrength helps you manage sleep, stress, anxiety, and much more.



A simple place to start getting support, no matter what your needs are.



Ongoing care that adjusts as your needs evolve.



A clinically based digital assessment so we can create a plan designed just for you.



Teletherapy your way. Connect with a licensed therapist of your choice by appointment and seven days a week from the comfort of home.

Enroll Now

Online: teladoc.com/mystrength

Phone: **(800) 945-4355**

Download the Teladoc App

[MyStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the myStrength Terms of Service for more information.]

[Client Eligibility Disclaimer]