



GET CONFIDENTIAL THERAPY ON YOUR TERMS

Talk to a Teladoc® Provider and
Establish an Ongoing Relationship

Your therapy visit is starting in 15 minutes.

Taking care of your emotional health is an important part of your overall well-being. Your Tufts health plan benefits give you and your dependents 18 and older, access to virtual care by U.S. board-certified providers by video or phone visits to help manage everyday challenges.

Teladoc providers can help with concerns such as anxiety, depression, grief, family issues, trauma, or PTSD. Choose to see a psychiatrist, psychologist, social worker, or therapist who fits your needs and build a relationship with the provider of your choice.

CONFIDENTIAL THERAPY CAN WORK FOR YOU

76%

of people say they
feel better after
their third visit

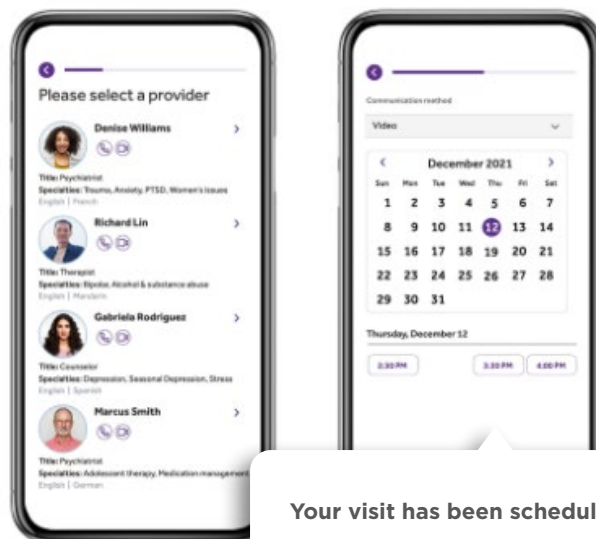
WHY USE TELEHEALTH BY TELADOC SERVICES

- Convenience to speak with a therapist from anywhere
- Flexible scheduling 7 days a week on your terms
- Quick access to the right provider for you
- Appointments are confirmed within 72 hours
- Ongoing relationship with the same provider

Use Telehealth by Teladoc 24/7 to talk to U.S. board-certified doctors for everyday care and/or dermatologists for skin concerns.

HOW TO REQUEST A VISIT AND TALK TO A LICENSED PROVIDER

1. Set up your account at tuftshealthplan.com/teladoc and fill out a brief medical history. Or log in to your account if you're already registered
2. Request a visit and answer a few questions
3. Select the provider and three appointment dates and times from 7am to 9pm local time that are best for you



Your visit has been scheduled.



**Now Telehealth by Teladoc is available directly
through the Tufts Health Plan mobile app!**

START MAKING PROGRESS TODAY

Telehealth virtual health care services (provided by Teladoc®) are available to Tufts Health Plan commercial members (not including Tufts Health Direct). There will be no cost share or copay for Teladoc services to employer-sponsored groups that have this benefit and have not opted out; cost share may apply to some self-insured groups. Cost share will apply to Saver plan members starting 1/1/2022. If you're not sure whether your plan includes Telehealth by Teladoc please ask your employer. Your regular health care providers may also offer virtual health care services to you - please contact them directly for additional details. Cost share applies.

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