



# Comfort zone

**You can access behavioral health  
televideo counseling services from anywhere**  
Aetna Behavioral Health

You can meet with a counselor  
anywhere at your convenience.

It's simple. Just use your  
webcam with any computer or  
smart device that's connected  
to the internet.

**Televideo makes it easier to access behavioral  
health services**

It's the next best thing to being in the same room.  
Without the drive time.

With televideo, you can:

- Fit sessions into busy days
- Cut out any travel time and expense
- Skip the waiting room

And a behavioral health televideo session will cost the  
same as a face-to face office visit.

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# You've got new choices!

Televideo makes it easier than ever to access behavioral health services.

To get started, call a provider group in your area.

If you live in:	Call:	Phone number:
California, Delaware, Missouri, New Jersey, New York, Pennsylvania, Virginia	<b>Inpathy</b>	Toll-free: <b>800-442-8938</b>
Kentucky, Louisiana, Missouri, Oklahoma, Oregon, Texas	<b>MDLive</b>	Toll-free: <b>888-282- 2522</b>
All other states	<b>Arcadian Telepsychiatry</b>	Toll-free: <b>866-744-0020</b>

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