



**Feel like yourself  
again** with therapy  
by phone or video.

**Talk to a HealthiestYou therapist from wherever you're most comfortable.**



**Flexible**

Choose a licensed therapist who best fits your needs.



**Convenient**

Schedule and have a visit 7 days a week\* by phone or video.



**Free**

All HealthiestYou sessions are included.

**Download the app for a confidential therapy visit.**

Visit [HealthiestYou.com](https://www.healthiestyou.com)

Call 866-703-1259 | Download the app  

\*Available 7 a.m. to 9 p.m. in your local time zone. HealthiestYou Behavioral Health is available to members ages 18 and older.

HealthiestYou is now part of Teladoc Health, the global leader in virtual care.

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