

Access mental well-being services from anywhere



With telehealth and virtual mental well-being programs, you have another way to get the help you need from providers that are part of your network. And whatever you're facing, you have the same support for counseling or medications for mental health concerns. You can see them where and when it's convenient — you choose. One telehealth/virtual session will cost the same as an in-person office visit.

Depression, anxiety or those struggling with mental well-being concerns

| Ages | Provider | Contact |
|------|----------------|---|
| 5+ | Array at Home | 1-800-442-8938 https://ArrayBC.com/ |
| 5+ | Telemynd | 1-866-991-2103 http://www.telemynd.com/aetna |
| 5+ | Alma Health | HelloAlma.com/aetna |
| 10+ | MDLive | 1-855-824-2170 https://MDLIVE.com/BHCOMM |
| 13+ | Talkspace | 13+ for therapy, 18+ for medication management https://www.talkspace.com/aetna |
| 18+ | Meru Health | https://MeruHealth.com/sign-up/Aetna/ |
| 18+ | Brightside | 1-415-360-3348 https://Brightside.com/ |
| 18+ | Headway Health | https://Headway.co. |
| 18+ | CHE Behavioral | 1-866-471-3330 https://CHEServices.com/ |

Specialty treatment for children and adolescents

| | | |
|--------|----------------|---|
| 18m-17 | Brightline | 1-844-866-8336 (1-844-866-TEEN) https://www.HelloBrightline.com/ |
| 6-24 | Equip Health | 1-855-387-4378 https://Equip.Health |
| 10+ | MDLive | 1-855-824-2170 https://MDLIVE.com/BHCOMM |
| 12-24+ | Vita Health | 1-844-866-8336 (1-844-866-TEEN) https://VitaHealth.Care |
| 12-28 | Charlie Health | https://CharlieHealth.com/ |
| 13+ | Talkspace | 13+ for therapy, 18+ for medication management https://www.talkspace.com/aetna |

Suicide care: risk reducing services and support

| | | |
|--------|-------------|--|
| 12-24+ | Vita Health | 1-844-866-8336 (1-844-866-TEEN) https://VitaHealth.Care |
|--------|-------------|--|



Seattle

Substance and alcohol use concerns

| Ages | Provider | Contact |
|------|---------------------------|---|
| 18+ | Bicycle Health | https://BicycleHealth.com/ |
| 18+ | Monument Telehealth Group | https://JoinMonument.com/ |

Serious mental health conditions

| | | |
|-------|----------------|---|
| 6+ | Valera Health | https://ValeraHealth.com/ |
| 12-28 | Charlie Health | https://CharlieHealth.com/ |

Eating disorders

| | | |
|------|--------------|---|
| 6-24 | Equip Health | 1-855-387-4378 https://Equip.Health |
|------|--------------|---|

Obsessive-compulsive disorder

| | | |
|-----|------|---|
| All | NOCD | https://TreatMyOCD.com |
|-----|------|---|



***Telehealth or virtual services (also known as telemedicine):** connects you and your provider via a secure televideo platform for counseling, support, education and medication management from the location of your choice.

Availability: state-specific availability is subject to change without notice.



To learn more about your benefits or if you have any questions, simply call the number on the back of your medical ID card or visit **aetna.com** and log in to your member website.



Seattle

***Plan coverage terms may vary. Not all benefit plans cover these services. Prior to receiving services, confirm telehealth eligibility by checking your member website for plan details or calling the number on your ID card.**

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies (Aetna). The Aetna companies that offer, underwrite or administer benefits coverage include Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Aetna Behavioral Health refers to an internal business unit of Aetna. Each insurer has sole financial responsibility for its own products.