

# Teladoc Health Mental Health care

Confidential therapy  
on your terms



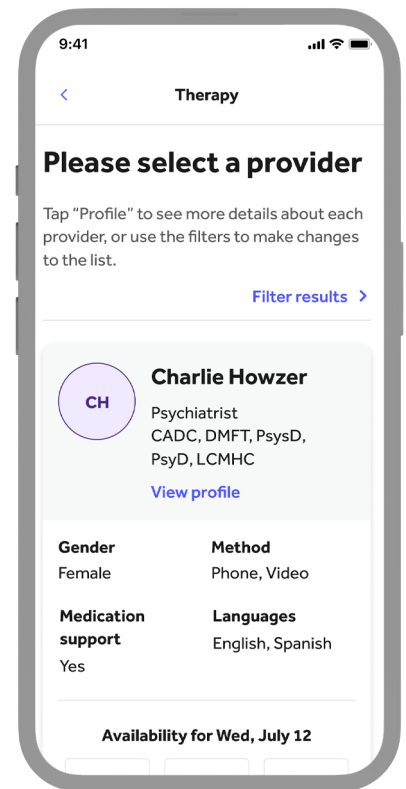
Your mental health is as important as your physical health. Teladoc Health's licensed therapists can help with:

- Anxiety
- Depression
- Marital issues
- Stress
- Grief
- And more

Talk to a therapist 7 days a week by phone or video from wherever you are most comfortable.

### How it works:

- 1 Download the app or go online to register or log in
- 2 Complete a brief mental health questionnaire
- 3 Schedule an appointment with the therapist who best fits your needs



## Learn more today

Visit [TeladocHealth.com](https://TeladocHealth.com) | Download the app |

Refer to your employee booklet at [umr.com](https://umr.com) for Teladoc benefits