



With telehealth and virtual mental well-being programs, you can easily get help you need from providers who are part of your network. So, whatever you're facing, you'll have support, including counseling, medication or help with mental health concerns. Plus, you can see providers when and where it's convenient for you.

However, depending on your plan coverage, some services may not be covered. You'll want to confirm telehealth eligibility by checking your member website for plan details or calling the number on your ID card, prior to receiving services. Below is a list of providers you can access for a variety of concerns or conditions.

Depression, anxiety or mental well-being concerns

Ages	Provider	Contact	Availability
18 months to 17 years	Brightline	https://www.hellobrightline.com/meritain	Nationwide
5 and up	Telemetrynd	1.866.991.2103 or https://Telemetrynd.com/meritain	Nationwide
13 and up	Talkspace	https://www.talkspace.com/Meritain	Nationwide
18 and up	Meru Health	https://www.meruhealth.com/sign-up/meritain/	Nationwide

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

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

To learn more about your benefits or if you have any questions, simply call **1.866.300.8449** (this number can also be found on your ID card).

This flyer is for information and is not meant as medical advice. Health benefits plans contain exclusions and limitations. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is believed to be accurate as of the production date; however, it is subject to change.