



**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.

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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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