

MENTAL HEALTH FOR TEENS

SUPPORT PROVIDED BY TELADOC HEALTH®

fepblue.org

HELPING TEENS STAY HAPPY AND HEALTHY

Mental health services from Teladoc Health connect your child with a licensed mental health specialist. They can get support wherever they feel most comfortable. Appointments are available every day from 7 a.m. to 9 p.m. (local time). You'll need to schedule at least 3 days ahead.

Teens can get help for issues like:



Stress from
school



Problems at
home



Cyberbullying



Eating
disorders



Feeling sad or
depressed

Mental health services through Teladoc Health offer more than just online care. They make it easier to help your child stay on track with:



**Confidential treatment with
parental supervision**



Flexible scheduling



**Being able to speak with a
specialist from home**



**Quick access to the provider
you feel is best**



WHO CAN GET CARE

Teens aged 13 to 17 can participate once their parent signs a consent form. Your child must be on your Blue Cross and Blue Shield Service Benefit Plan contract. Mental health services are available in all 50 states and Washington, D.C.



We cover all of your telehealth visits from Teladoc Health at no out-of-pocket cost to you.



HOW TO SCHEDULE A VISIT

1. Set up a Teladoc Health account at fepblue.org/telehealth or with the **Teladoc Health app**, available for free on the App Store® or Google Play™. Then, add your teen as a dependent.
2. Download and print the consent and intake forms. Upload them before making an appointment.
3. Select a specialist for your teen (you can pick the same specialist each visit).
4. Request a time for the appointment and wait for the confirmation. A parent or guardian must join the beginning and end of each appointment.



Need help or have questions? Call Teladoc Health at **1-855-636-1579**.

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fepblue.org/telehealth

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This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard® and FEP Blue Basic®: RI 71-005; FEP Blue Focus®: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures.

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