

MENTAL HEALTH FOR TEENS

provided by Teladoc®

SUPPORTING HAPPY AND HEALTHY TEENS

Mental (behavioral) health services from Teladoc connect your child with a licensed behavioral specialist who can offer ongoing support wherever they're most comfortable. Appointments are available seven days a week, from 7 a.m. to 9 p.m. local time, and must be scheduled at least 72 hours in advance. Teens can get support for issues like:



School stress



Family challenges



Cyberbullying



Eating disorders



Depression

Mental health services through Teladoc are more than remote care. They offer benefits that make it easy to help your child stay on track, including:



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?

You're eligible to register teens ages 13 to 17 if you're a current Blue Cross and Blue Shield Service Benefit Plan member. Parents must sign a consent form for their child to participate. Mental health services are available in all 50 states and Washington, D.C.



HOW TO SCHEDULE A VISIT

- 1 Set up a Teladoc account by web or app or log in to your account if you're already registered. Then, add your teen as a dependent.
- 2 Download and print the consent and intake forms. The completed forms must be uploaded before you schedule an appointment.
- 3 Select a specialist for your teen.
- 4 Request a time for the appointment and receive confirmation. Please note, a parent or guardian must attend the beginning and end of each appointment.

NEED HELP OR HAVE QUESTIONS?

Call Teladoc at **1-855-636-1579** or visit fepblue.org/telehealth.

Teladoc is an independent company that provides telehealth services on behalf of the Blue Cross and Blue Shield Service Benefit Plan.

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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 brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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