Access mental well-being services from anywhere



With telehealth and virtual mental well-being programs, you have another way to get the help you need from providers that are part of your network. And whatever you're facing, you have the same support for counseling or medications for mental health concerns. You can see them where and when it's convenient — you choose. One telehealth/virtual session will cost the same as an in-person office visit.

Plan coverage terms may vary. Not all benefit plans cover these services. Prior to receiving services, confirm telehealth eligibility by checking your member website for plan details or calling the number on your ID card.

Depression, anxiety or those struggling with mental well-being concerns

Ages	Provider	Contact	Availability
5+	Array at Home	1-800-442-8938 / TTY 711 https://ArrayBC.com/	Nationwide
5+	Telemynd	1-866-991-2103 / TTY 711 http://www.telemynd.com/aetna	Nationwide
5+	Alma Health	HelloAlma.com/aetna	Nationwide
13+ 18+	Talkspace	https://www.talkspace.com/aetna 13+ for therapy 18+ for medication management	Nationwide
18+	CVS® MinuteClinic®	1-855-417-2486 / TTY 711 https://CVS.com/mental health	CVS® MinuteClinic® markets
18+	Meru Health	https://MeruHealth.com/sign-up/Aetna/	Nationwide
18+	Brightside	1-415-360-3348 / TTY 711 https://Brightside.com/	Nationwide

Specialty treatment for children and adolescents

Ages	Provider	Contact	Availability
4-26	Equip Health	1-855-387-4378 / TTY 711 https://Equip.Health	Nationwide
6+	Valera Health	https://ValeraHealth.com/	AZ, CT, MA, NJ, NY, OR, WA
12+	Vita Health	1-844-866-8336 (1-844-866-TEEN) / TTY 711 https://VitaHealth.Care	AR, AZ, CA, CO, CT, DC, FL, IL, MA, ME, MD, MO, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA
12-28	Charlie Health	https://CharlieHealth.com/	AZ, CA, CO, DE, FL, ID, IL, MD, MI, MT, NV, NJ, OH, OR, PA, SC, TX, UT, WA, WY

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Suicide care: risk reducing services and support

Ages	Provider	Contact	Availability
12+	Vita Health	1-844-866-8336 (1-844-866-TEEN) / TTY 711 https://VitaHealth.Care	AR, AZ, CA, CO, CT, DC, FL, IL, MA, ME, MD, MO, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA

Substance and alcohol use concerns

Ages	Provider	Contact	Availability
18+	Eleanor Health	1-866-972-0771 / TTY 711 https://EleanorHealth.com/	LA, MA, NC, NJ, OH, TX, WA
18+	Workit Health	1-877-777-2671 / TTY 711 https://www.workithealth.com/insurance/aetna/	FL, MI, NJ, OH, TX

Chronic medical conditions and mental health

Ages	Provider	Contact	Availability
18+	AbleTo	1-844-330-3648 / TTY 711 Monday — Friday: **9 AM to 8 PM ET** https://Member.AbleTo.com/Aetna/	Nationwide

Serious mental health conditions

Ages	Provider	Contact	Availability
6+	Valera Health	https://ValeraHealth.com/	AZ, CT, MA, NJ, NY, OR, WA
12-28	Charlie Health	https://CharlieHealth.com/	AZ, CA, CO, DE, FL, ID, IL, MD, MI, MT, NV, NJ, OH, OR, PA, SC, TX, UT, WA, WY

Eating disorders

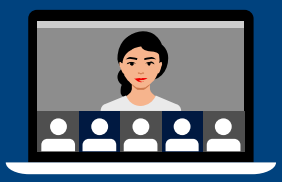
Ages	Provider	Contact	Availability
4-26	Equip Health	1-855-387-4378 / TTY 711 https://Equip.Health	Nationwide

Obsessive-compulsive disorder

Ages	Provider	Contact	Availability
All	NOCD	**https://TreatMyOCD.com**	Nationwide

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

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



To learn more about your benefits or if you have any questions, simply call the number on the back of your medical ID card or visit **aetna.com** and log in to your member website.

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For California Residents Only: Telehealth services may be available with your Primary Care Provider (PCP) or Specialist. If you use services from a Third-Party Corporate Telehealth Provider, your medical records will be shared with your PCP or Specialist. If you want to opt-out, please notify the Third-Party Corporate Telehealth Provider during your visit. In-network cost sharing will apply for all services received through the Third-Party Corporate Telehealth Provider and all out-of-pocket costs will accrue to the applicable deductible and/or out-of-pocket maximum.Provider participation may change without notice. For more information about Aetna plans, go to **aetna.com**.

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1036350-01-01-BH (10/23)