

Personal support for a healthier mind

Mental Health Coaching by Teladoc Health is a flexible and convenient digital program with proven tools and dedicated support for stress, depression, insomnia, and more.

Mental Health Coaching by Teladoc Health (Teladoc) makes finding the right mental health support easy. It offers evidence-based self-guided digital content and tools to support you wherever you are on your mental health journey.

You are in control

With Mental Health Coaching you'll feel empowered with:

- **A personalized plan.** Answer a series of questions and you'll get a plan designed just for you.
- **Digital content and resources.** Explore self-guided activities and tools based on your goals and needs.
- **In-the-moment tools.** Calm yourself down, shift your thinking, get inspired, and feel more hopeful.
- **Additional support.** You can access care when you need it, whether in-person or virtually, through the Teladoc app.

Receive support for many conditions

- Depression
- Anxiety
- Insomnia
- Trauma
- Bipolar disorder
- Chronic pain
- Substance use (alcohol, drugs, opioids, and nicotine)



Mental Health Coaching on the go

Strengthen your emotional health whenever and wherever you need to with the Teladoc Health app. Download the app to your smartphone from the App StoreSM or Google PlayTM.

How to get started

If you are a new Mental Health Coaching or Teladoc user, you will need to complete your account registration and medical history to access the program. To begin the registration process, visit teladochealth.com and select *Register Now*.

Once registered, please complete the following steps:

1. Complete the required login fields with your Teladoc account username and password.
2. Select *Sign In*.
3. Select the *Mental Health* tile and click on *Go to Program*.
 - You will see "Self-guided digital program" as part of the Mental Health tile. From here, you can click through to explore the Mental Health Coaching content on demand.
4. Select *Explore your program*.
5. Begin your assessment by clicking *Start assessment*.

Note: Eligibility confirmation may take up to 48 hours. Additionally, you may be prompted during the eligibility process to provide a registration code. Please use **AMERIHEALTH** as your registration code.