

Teladoc Mental Health Complete

Get the Right Support at the Right Time

with a Stepped Care Approach
In One Comprehensive Mental
Health Platform



What Teladoc Mental Health Complete Does for You

- Start with a comprehensive assessment and receive a personalized plan with recommendations based on your priorities, needs, stressors, and goals
- Choose from several self-guided programs for help with stress, depression, sleep, and more
- Speak with a certified life coach who will design a unique blend of video coaching and digital activities to help you manage life's challenges over the course of up to 7 sessions
- Establish ongoing relationships with licensed therapists, psychologists, or psychiatrists for \$25 per visit who can help with the most common mental health concerns via phone or video
- Adolescent therapy is available for teens ages 13-17, excluding psychiatry and coaching
- Access in-the-moment tools designed to help you address problems as they are happening, without waiting for a scheduled office visit



Download the **New Benefits Mobile App**
844.713.2870 | MemberPortal.NewBenefits.com

Mental Health Complete visits are not available to minors 12 and younger. Coaching and psychiatry consultations are not available for anyone under the age of 18. Not all Mental Health specialists will be available in all states. The Teladoc Mental Health Complete software does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc.

Fertility, Surrogacy, and Adoption

Powered by WINFertility

Receive Guidance and Support for Fertility Treatments, Surrogacy, Egg Donation, and Adoption



"I am 37 years old and have faced infertility for years. Last year someone recommended Aspire Fertility and for the first time in years we had a ray of hope. Then came the financial burden of IVF and I started to panic again until they told me about WIN. Once I was connected with WIN, I was educated on their bundle package and cost, which turned out to be cheaper than paying straight to the facility. If it wasn't for WIN, we wouldn't have had the opportunity to go through IVF for our miracle...now we have the most adorable baby girl!"

Jamie, WIN Consumer Patient

What Fertility, Surrogacy, and Adoption Does for You

- Highly trained Nurse Care Managers serve a personal advocate to help you understand fertility treatment and medication options and determine the best course of action for you
- Receive access to a network of top-ranked fertility specialists, IVF treatment and fertility medication discount bundles, genetic testing and egg freezing services, financial resources, and more
- Employee Adoption & ART program (EAAP) provides comprehensive on-demand videos, one-on-one coaching, and live webinars to support your journey of adoption, foster care, surrogacy, and egg donation



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Caregiver Concierge

Care for Your Loved Ones with Full-Service Support

- Every Care Team is led by a Care Expert with an average of 20 years experience

What Caregiver Concierge Does for You

- Caregiver Concierge provides you with premium, full-service support from a dedicated, expert Care Team, develops a personalized Care Plan with a focus on solutions, and offers ongoing assistance that adapts to changing circumstances for as long as you need
- Care Companions by Papa sends thoroughly vetted helpers (called Papa Pals), who provide companionship and offer assistance with transportation, household chores, technology lessons, and more
- LawAssure helps you create high-quality, personalized legal documents, including wills, living trusts, power of attorney, healthcare directives, and more



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