

# 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. Telehealth visits are typically the same cost or less than an in-person visit.

**Plan coverage terms may vary. Not all benefit plans cover these services. Prior to receiving services, confirm telehealth eligibility by checking your member portal 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
All	Mindpath Health	1-866-386-1445 <a href="https://www.mindpath.com/">https://www.mindpath.com/</a>	AZ, CA, FL, MN, NC, OH, SC, TX
5+	Array at Home	1-800-442-8938 <a href="https://ArrayBC.com/">https://ArrayBC.com/</a>	Nationwide
5+	Telemetrynd	1-866-991-2103 <a href="https://www.telemetrynd.com/">https://www.telemetrynd.com/</a>	Nationwide
5+	Alma Health	<a href="https://HelloAlma.com/aetna">HelloAlma.com/aetna</a>	Nationwide
5+	Talkiatry	1-866-386-1445 <a href="https://www.talkiatry.com/">https://www.talkiatry.com/</a>	Nationwide
10+	MDLIVE	<a href="https://www.mdlive.com">https://www.mdlive.com</a>	Nationwide
13+	Talkspace	<a href="https://www.Talkspace.com/Aetna">https://www.Talkspace.com/Aetna</a>	Nationwide
18+	CVS® MinuteClinic	1-855-417-2486 <a href="https://CVS.com/mental health">https://CVS.com/mental health</a>	<b>CVS® MinuteClinic® markets</b>
18+	Brightside	1-415-360-3348 <a href="https://Brightside.com/">https://Brightside.com/</a>	Nationwide
18+	AbleTo	1-844-330-3648 Monday — Friday: 9 AM to 8 PM ET <a href="https://Member.AbleTo.com/Aetna/">https://Member.AbleTo.com/Aetna/</a>	Nationwide
18+	Meru Health	<a href="https://MeruHealth.com/sign-up/Aetna/">https://MeruHealth.com/sign-up/Aetna/</a>	Nationwide
18+	Sondermind	1-844-256-9897 <a href="https://www.sondermind.com/">https://www.sondermind.com/</a>	AZ, CO, DC, GA, IN, MO, OH, OR, TX

## Specialty treatment for children and adolescents

Ages	Provider	Contact	Availability
6+	Valera Health	<a href="https://ValeraHealth.com/">https://ValeraHealth.com/</a>	AZ, CT, MA, NJ, NY, OR, WA
12+	Vita Health	1-844-866-8336 <a href="https://VitaHealth.Care">https://VitaHealth.Care</a>	AZ, CA, CO, CT, FL, IL, MA, MD, MO, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA, WV
12-28	Charlie Health	<a href="https://CharlieHealth.com/">https://CharlieHealth.com/</a>	AZ, CA, CO, DE, FL, ID, IL, MD, MT, NJ, OH, OR, PA, TX, UT, WA, WY

## Struggling with suicide

Ages	Provider	Contact	Availability
12+	Vita Health	1-844-866-8336 <a href="https://VitaHealth.Care">https://VitaHealth.Care</a>	AZ, CA, CO, CT, FL, IL, MA, MD, MO, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA, WV

## Chronic medical conditions and mental health

Ages	Provider	Contact	Availability
18+	AbleTo	1-844-330-3648 Monday — Friday: 9 AM to 8 PM ET <a href="https://Member.AbleTo.com/Aetna/">https://Member.AbleTo.com/Aetna/</a>	Nationwide

## Serious mental health conditions

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

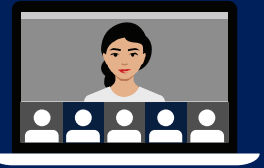
## Obsessive-compulsive disorder

Ages	Provider	Contact	Availability
All	NOCD	<a href="https://www.treatmyocd.com">TreatMyOCD.com</a>	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 ID card or visit **[banner.aetna.com](https://banner.aetna.com)** and log in to your member portal.



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