

Teladoc Mental Health (Digital Program)

Refresh Your Mind, Body, and Spirit

PERSONAL SUPPORT – ON DEMAND!

Teladoc Mental Health (Digital Program) is a tool designed to help you become happier and healthier. Available 24/7 online and via mobile app, this self-help program provides proven ways that can support you to achieve lasting, positive changes. It is safe, secure, and personalized – just for you! Start your journey today!

In this program, you will find help on topics below and much more.

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| ✓ Relieve stress | ✓ Reduce anxiety and worry |
| ✓ Improve sleep | ✓ Help with chronic pain |
| ✓ Manage depression | ✓ Move beyond trauma |
| ✓ Mend your relationships | ✓ Recover from alcohol or drug abuse |
| ✓ Mindfulness and meditations | |
| ✓ Pregnancy and parenting | |

Sign up for Teladoc Mental Health (Digital Program) and get:

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| • Helpful learning modules | • Instant tips and action plans |
| • Easy tools to help improve your mood | • Tracking journals |

Practice Mindfulness with Teladoc Mental Health (Digital Program)

One of the many useful modules from Teladoc Mental Health (Digital Program) is Mindfulness. Mindfulness is a suite of wellness actions that can help train you to focus on the present moment. It often uses all your senses. You can use these techniques to help you:

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| • Reduce panic attacks. | • Boost your total wellness. |
| • Ease stress and worry. | |

(continued)



Ways to reward yourself using this program:

- Take a few minutes to plan and start your day
- Practice mindful eating at lunch or snack time
- Take deep breaths to help you relax
- Pause and reflect on your thoughts and feelings
- Notice new things during your commute on the bus/train or in the car
- Create a “letting go” moment at the end of your day

Use Teladoc Mental Health (Digital Program) to Help with Pain Control

Teladoc Mental Health (Digital Program) also offers guided modules designed to help you manage pain. You can live a more fruitful life, despite your condition. Explore techniques to help you manage pain through exercise and online content. You can also learn about the careful use of medications. The program’s goal is to help you:

- Learn ways to manage pain safely
- Stay focused on pain treatment goals for the long-term
- Increase your sense of control
- Adopt a healthy lifestyle by being active and eating well

Sign up today!

- **Visit** www.teladochealth.com
- **Click** “Register Now” near the top of the page.
- **Enter** your information.
- **Fill out** a brief wellness survey and complete the process.
- **Go mobile!** After setting up an online account, download the Teladoc app for iOS or Android device. You can sign up using the same email and password



Questions?

**Member Services can help!
Call the phone number on your
Health Net Member ID card.**

Health Net’s Non Discrimination Notice

This information is not intended as a substitute for professional medical care. Please always follow your health care provider’s instructions. Programs and services are subject to change.

Members have access to Teladoc Mental Health (Digital Program) through current enrollment with Health Net of California, Inc.

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