

Mental Health Care When You Need It



Teladoc™ Health lets you talk to a licensed therapist wherever you are.

Talking to a therapist can help you deal with stress, depression, anxiety and other mental health conditions. And Teladoc Health makes it easier to talk to a therapist by phone or video chat any day of the week. Just set up your account and find an appointment time that works for you.



Get Started Today

- › Log in to your **bcbst.com** account.
- › Choose **Teladoc Health** from the **Get Care** menu.
- › Follow the directions to register, then choose **Mental Health** and **Request a Visit**.

