



Say goodbye to the waiting room

Meet with a counselor on your terms

Have you ever felt that you could use some help getting through an issue? Perhaps you need to be more assertive in your life, you recently went through a traumatic experience or your relationships have all been rocky lately. You know you should do something about it, but you haven't taken the first step to get there. Whether you don't have enough time, can't get away from work, have responsibilities at home, or just aren't comfortable going to a counselor, something's getting in the way.

There's a solution: Telehealth

Your program is now offering Telehealth, a convenient and confidential service that allows you to meet with a counselor via teleconference—at no cost to you. All you need is a smartphone or a computer with a webcam and high-speed internet access.

Why Telehealth?

- **Privacy**—You can meet with a counselor in the privacy of your own home, car or office for a real-time, two-way conversation. You don't have to worry about coworkers wondering where you are going or someone seeing you go into an office.
- **Convenience and cost-savings**—Because you don't have to drive to an office, you'll be able to put the time and money you would have spent commuting toward other things.
- **Faster access to mental health services**—Counselors who provide Telehealth accessibility are typically available for appointments much sooner than conventional counselors, who often have long waiting lists.
- **Flexible appointment times**—Many times counselors are available evenings and on weekends, enabling you to arrange an appointment at a time that works for your schedule, without taking time off work.

Ready to get started?

1. Visit MagellanHealth.com/member.
2. If prompted, Register or enter as a guest.
3. Click on *Providers*, go to provider search, *Choose a Provider List* and select *Telehealth*.
4. Complete the online Employee Assistance Program referral form and call the provider to schedule an appointment.

Making the time to take care of your needs just got a lot easier. Take advantage of Telehealth and make an appointment today!



Employee Assistance Program
Available 24 hours
1-800-424-5988