

With Telemedicine - \$14 a month (Both)

24/7/365 Virtual Care.
Anytime. Anywhere.

Call Optima
585-506-4000



ALLYHEALTH

TELETHERAPY & MENTAL HEALTH MODULE



Empower employees and their families to be proactive with their mental health and wellbeing, nurture work-life balance, and live happier and healthier lives.

HOW IT WORKS

Connect with a licensed therapist, counselor, psychiatrist, or behavioral health specialist from home, the office, or on the go - on your schedule - via phone or mobile app.

FEATURES INCLUDE

- 24/7 access to our network of experienced behavioral health practitioners
- Up to 10 **Free** talk therapy counseling sessions per year*
- Continued, long-term counseling sessions available at reasonable rates
- Psychiatrists and other behavioral health specialists available 24/7 on a fee for service basis
- Services are completely confidential
- Access from the privacy of your home or office - when and where you need it
- Available to you and your family members

COMMON ISSUES WE SUPPORT

24/7 access to experienced therapists, counselors, psychiatrists and behavioral health specialists to support many common issues, including:

- Addictions
- Bipolar Disorders
- Child and Adolescent Issues
- Depression
- Eating Disorders
- Grief and Loss
- Life Changes
- Men's Issues
- Panic Disorders
- Parenting Issues
- Postpartum Depression
- Relationship and Marriage Issues
- Stress
- Trauma and PTSD
- Women's Issues
- And more

*\$0 copay counseling sessions limited to ten sessions per family per year.