



# DialCare<sup>®</sup> THERAPY

A high-impact  
telebehavioral health  
program with a focus on  
mental and behavioral  
health assistance.

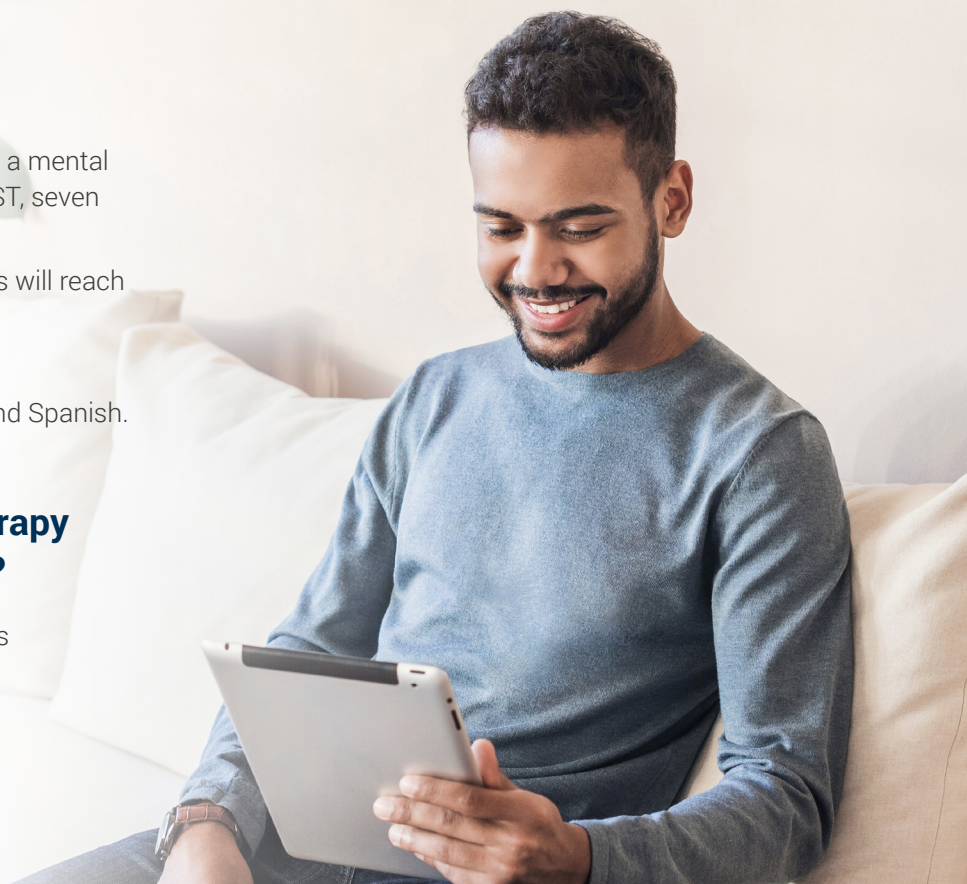
DialCare Therapy is a part of the DialCare Mental Wellness program designed to provide you with a safe, secure and private means of seeking mental health assistance from licensed mental health professionals via virtual or telephonic counseling sessions. This unique program offers an app-based interface, connecting you with our mental health professionals not only over the phone, but via video chat as well.

## DialCare Therapy is easy to use:

- Members can schedule an appointment with a mental health professional from 7 a.m. to 10 p.m. CST, seven days a week.
- DialCare Therapy mental health professionals will reach out via phone or video chat upon request.
- Appointments last for 30 minutes.
- Consultations are available in both English and Spanish.

## What conditions can DialCare Therapy mental health professionals treat?

- Depression
- Stress
- Eating Disorders
- Addiction
- Relationship problems
- Anxiety
- Grief
- And more



## Did You Know?

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- Mental health disorders account for several of the top causes of disability in the U.S.
- An estimated 26% of Americans ages 18 and older suffer from a diagnosable mental disorder in a given year.
- Many people suffer from more than one mental disorder at a given time.
- Approximately 9.5% of American adults ages 18 and over will suffer from a depressive illness each year.
- Approximately 18% of people ages 18 to 54 have an anxiety disorder in a given year.

Source: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>



## Features

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Members can reach mental health professionals within our network via phone or video.



Upon availability, members may request the same mental health professional they previously consulted with.



Appointments can be set between 7 a.m. and 10 p.m. CST, seven days a week.



Follow-up sessions may be scheduled for the member's convenience.

**THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.** This plan does not meet the minimum creditable coverage requirements under M.G.L. c.111M and 956 CMR 5.00. This plan is not a Qualified Health Plan under the Affordable Care Act. The range of discounts will vary depending on the type of provider and service. The plan does not pay providers directly. Plan members must pay for all services but will receive a discount from participating providers. The list of participating providers is at [www.dialcare.com](http://www.dialcare.com). A written list of participating providers is available upon request. You may cancel within the first 30 days after effective date or receipt of membership materials (whichever is later) and receive a full refund. Discount Plan Organization and administrator: Careington International Corporation, 7400 Gaylord Parkway, Frisco, TX 75034; phone 800-441-0380. This plan is not available in Vermont or Washington.