Access mental well-being services from anywhere

With telehealth and virtual mental well-being programs, you have another way to get the help you need from providers that are part of your network. And whatever you're facing, you have the same support for counseling or medications for mental health concerns. You can see them where and when it's convenient — you choose. One telehealth/virtual session will cost the same as an in-person office visit.

Plan coverage terms may vary. Not all benefit plans cover these services. Prior to receiving services, confirm telehealth eligibility by checking your member website for plan details or calling the number on your ID card.

Depression, anxiety or those struggling with mental well-being concerns

Ages	Provider	Contact	Availability
5+	Array at Home	1-800-442-8938 https://ArrayBC.com/	Nationwide
5+	Telemynd	1-866-991-2103 https://Telemynd.com/aetna-referral-form	Nationwide
5+	Alma Health	HelloAlma.com/aetna	Nationwide
18+	CVS® MinuteClinic®	1-855-417-2486 https://CVS.com/mental health	**CVS® MinuteClinic® markets**
18+	Brightside	1-415-360-3348 https://Brightside.com/	Nationwide

Struggling with suicide

Ages	Provider	Contact	Availability
12-24 18+	Vita Health	1-844-866-8336 (1-844-866-TEEN) https://VitaHealth.Care	AZ, CA, CO, CT, FL, IL, MA, MD, MO, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA

Substance and alcohol use concerns

Ages	Provider	Contact	Availability
18+	Eleanor Health	1-866-972-0771 https://EleanorHealth.com/	LA, MA, NC, OH, WA,TX
18+	Workit Health	1-877-777-2671	**Coaching:** nationwide **Clinical support:** AK, CA, CO, FL, GA, IL, IN, KY, MI, MN, NC, NJ, OH, OR, PA, TX, VA, WA

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Chronic medical conditions and mental health

Ages	Provider	Contact	Availability
18+	AbleTo	**1-844-330-3648** Monday — Friday: **9 AM to 8 PM ET** **https://Member.AbleTo.com/Aetna/**	Nationwide

Serious mental health conditions

Ages	Provider	Contact	Availability
6+	Valera Health	**https://ValeraHealth.com/**	AZ, CT, DE, ID, IL, MD, MT, OR, PA, TX, WA, WY
12-28	Charlie Health	**https://CharlieHealth.com/**	AZ, CA, DE, ID, IL, MD, MT, OR, PA, TX, WA, WY

Eating disorders

Ages	Provider	Contact	Availability
6-24	Equip Health	**1-855-387-4378** **https://Equip.Health**	Nationwide

Obsessive-compulsive disorder

Ages	Provider	Contact	Availability
All	NOCD	**https://TreatMyOCD.com**	Nationwide

*Telehealth or virtual services (also known as telemedicine): connects you and your provider via a secure televideo platform for counseling, support, education and medication management from the location of your choice.

Availability: state-specific availability is subject to change without notice.
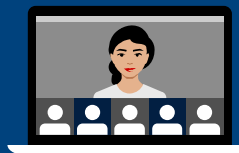
To learn more about your benefits or if you have any questions, simply call the number on the back of your medical ID card or visit **aetna.com** and log in to your member website.

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