

# take care of your mental health this season.

## MDLIVE is here to help.



Warmer weather and a sense of renewal are in the air. Now is the perfect time to check your mental health if you're not feeling like yourself. MDLIVE licensed therapists and board-certified psychiatrists care for hundreds of conditions, including:

- Anxiety
- Depression
- Grief & Loss
- Life Changes
- Panic Disorders
- Phobias
- Relationship Issues
- Stress Management
- Trauma & PTSD
- And more

\*Members on HSA plans must first meet deductible requirements

### how it works

You can have your first therapy appointment in a week or less, from the comfort and privacy of home. Here's how:

- Create your secure account.
- Choose from the MDLIVE network of mental health professionals.
- Select an appointment time that works best for you.
- Speak with the same professional for every appointment, or switch at any time for a better fit.

## for secure, confidential support, schedule a session with MDLIVE Mental Health.



Meet Sophie, your  
personal assistant.  
Text Doctor to 635483  
to create an account.

Create your account today.  
[vitorihelath.com/telehealth](https://vitorihelath.com/telehealth) 844.677.6856