

# Virtual Mental Well-Being Services

*Access for everyone from anywhere*

For those with depression, anxiety, or struggling with mental well-being concerns			
Ages	Provider	Contact	Availability
Under 18	<b>Brightline</b>	Phone: 888.224.7332 Website: <a href="https://helloworldbrightline.com/aetna">https://helloworldbrightline.com/aetna</a>	Nationwide
5+	<b>Array at Home</b>	Phone: 800.442.8938 TTY 711 Website: <a href="https://ArrayBC.com">https://ArrayBC.com</a>	Nationwide
5+	<b>Telemetrynd</b>	Phone: 866.911.2103 TTY 711 Website: <a href="http://www.telemetrynd.com/aetna">www.telemetrynd.com/aetna</a>	Nationwide
5+	<b>Alma Health</b>	Website: <a href="http://www.HelloAlma.com/aetna">www.HelloAlma.com/aetna</a>	Nationwide
13+ 18+	<b>Talkspace</b>	Website: <a href="http://www.talkspace.com/aetna">www.talkspace.com/aetna</a> 13+ for therapy 18+ for medication management	Nationwide
18+	<b>CVS MinuteClinic</b>	Phone: 855.417.2486 TTY 711 Website: <a href="https://CVS.com/mentalhealth">https://CVS.com/mentalhealth</a>	CVS MinuteClinic Markets
18+	<b>Brightside</b>	Phone: 415.360.3348 TTY 711 Website: <a href="https://Brightside.com/">https://Brightside.com/</a>	Nationwide
18+	<b>Teladoc</b>	Website: <a href="https://www.teladoc.com/aetna/">https://www.teladoc.com/aetna/</a>	Nationwide

For specialty treatment for children and adolescents			
Ages	Provider	Contact	Availability
6+	Valera Health	Website: <a href="https://ValeraHealth.com/">https://ValeraHealth.com/</a>	AZ, CT, MA, NJ, OR, WA
6-24	Equip Health	Phone: 855.387.4378 TTY 711 Website: <a href="https://Equip.Health">https://Equip.Health</a>	Nationwide
12+	Vita Health	Phone: 844.866.8336 TTY 711 Website: <a href="https://VitaHealth.Care">https://VitaHealth.Care</a>	AL, AZ, CA, CO, CT, DC, FL, ID, IL, LA, MA, ME, MO, MS, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA, WV
12-28	Charlie Health	Website: <a href="https://CharlieHealth.com/">https://CharlieHealth.com/</a>	AZ, CA, CO, DE, FL, ID, IL, MD, MI, MT, NV, NJ, OH, OR, PA, SC, TX, UT, WA, WY

For those struggling with suicide			
Ages	Provider	Contact	Availability
12+	Vita Health	Phone: 844.866.8336 TTY 711 Website: <a href="https://VitaHealth.Care">https://VitaHealth.Care</a>	AL, AZ, CA, CO, CT, DC, FL, ID, IL, LA, MA, ME, MO, MS, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA, WV

For those with substance and alcohol use concerns			
Ages	Provider	Contact	Availability
18+	Eleanor Health	Phone: 866.972.0771 TTY 711 Website: <a href="https://EleanorHealth.com/">https://EleanorHealth.com/</a>	LA, MA, NC, NJ, OH, TX, WA
18+	Workit Health	Phone: 877.777.2671 TTY 711 Website: <a href="https://www.workithealth.com/insurance/aetna/">https://www.workithealth.com/insurance/aetna/</a>	FL, MI, NJ, OH, TX

For those with eating disorders			
Ages	Provider	Contact	Availability
6-24	Equip Health	Phone: 855.387.4378 TYY 711 Website: <a href="https://EquipHealth">https://EquipHealth</a>	Nationwide

For those with obsessive-compulsive disorder			
Ages	Provider	Contact	Availability
All	NOCD	<a href="https://TreatMyOCD.com">https://TreatMyOCD.com</a>	Nationwide

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](http://aetna.com) and log in to your member website.

Availability: state-specific availability is subject to change without notice.

**MEMBER COST SHARE:**

- Basic Health - deductible and coinsurance
- Value Health - copay
- Choice Health - deductible and coinsurance

**BENEFITS GLOSSARY:**

- **Deductible** - The amount you pay each calendar year for covered services before the plan begins to pay.
- **Copay** - A fixed amount you pay for a covered health care service, usually when you receive the service. The amount can vary by the type of covered health care service.
- **Coinsurance** - Your percentage of the costs of a covered service after the deductible is met.