

# Teladoc Virtual Care



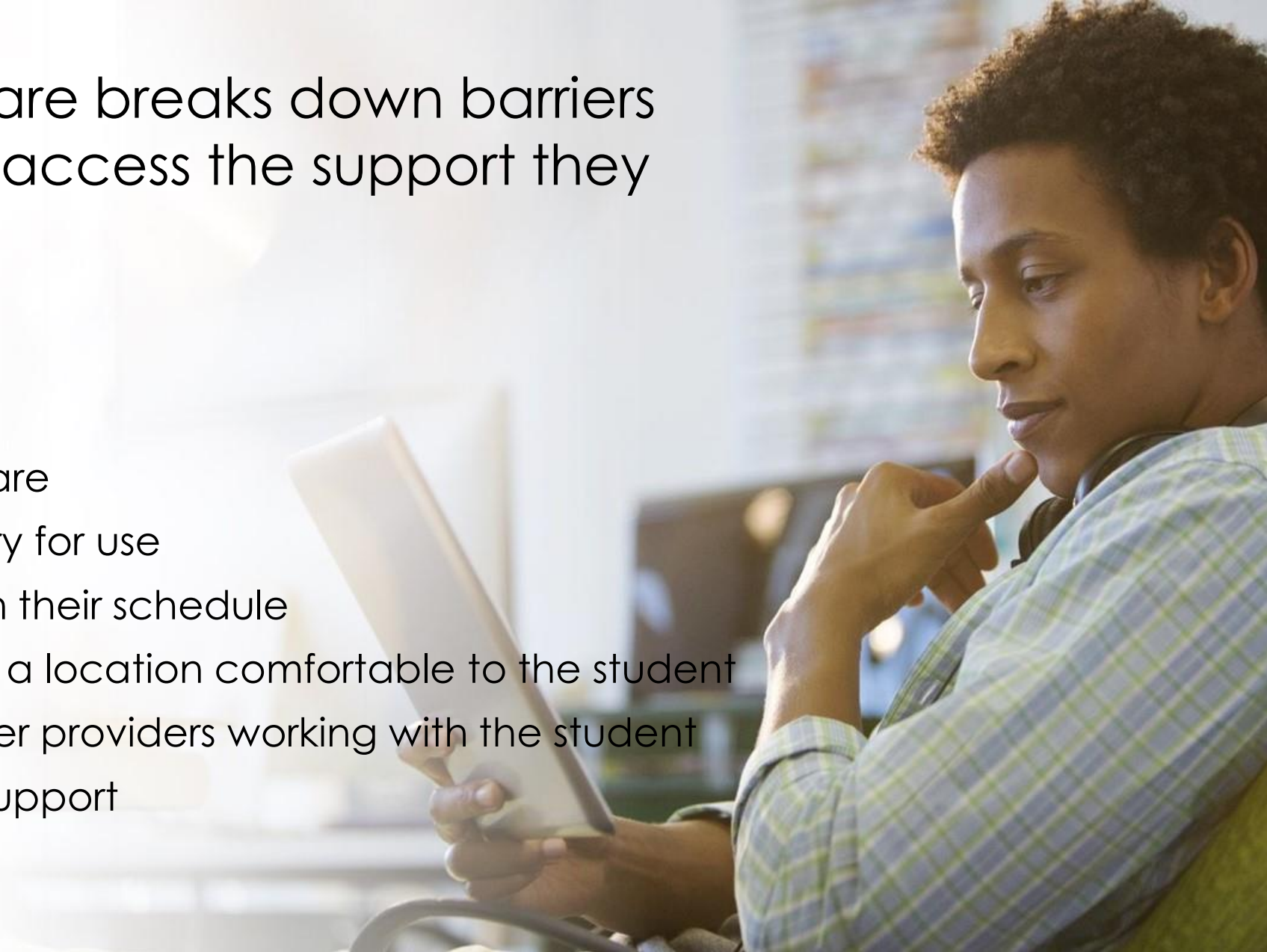


# Mental Health Care

Virtual Mental Healthcare breaks down barriers and allows students to access the support they need.

Highlights Include:

- Unlimited visits with \$0 copay
- No waiting lists for in-person care
- Health insurance not necessary for use
- Access to care that works with their schedule
- Private, confidential access in a location comfortable to the student
- Coordination of care with other providers working with the student
- Medication adherence and support



# Virtual reach creates wider availability



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Teladoc Health offers care 7 days a week by phone, messaging, or video.



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On average, students can complete a visit 18 days faster than brick and mortar.<sup>2</sup>



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Visits are secure, discreet, and confidential.



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Network of licensed psychiatrists and psychologists and licensed therapists.



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Ongoing monitoring of student and provider experience and adherence to clinical guidelines.



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Clinical quality oversight committee.

# Advantages to our Mental Health Solutions



## A solution for everyone

We provide access to quality treatment by phone, within the app, or video.



## Broad spectrum of high-quality providers

Teladoc Health employs a network licensed psychiatrists and psychologists and licensed therapists to treat students of all conditions.



## Simple is better

The combination of mental health services makes it easier for students to find the right help, regardless of diagnoses, at any stage of their journey.



## Providing referrals and support

Teladoc Health can provide referrals to specialists, as well as local support within students' communities.

# How Mental Health Care works



**The student initiates through app or web**



**The student chooses their provider**



**The student chooses the date and time of their visit**



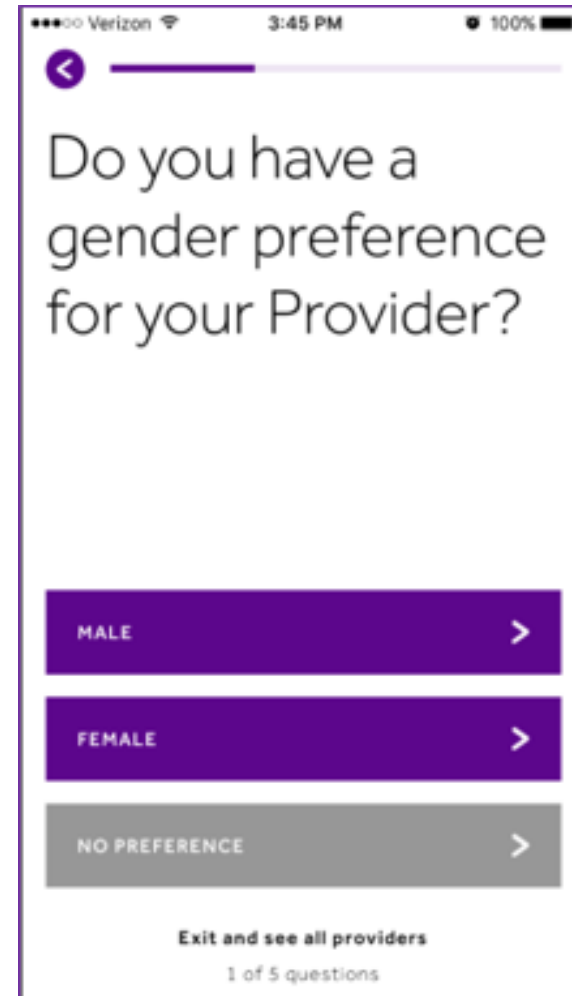
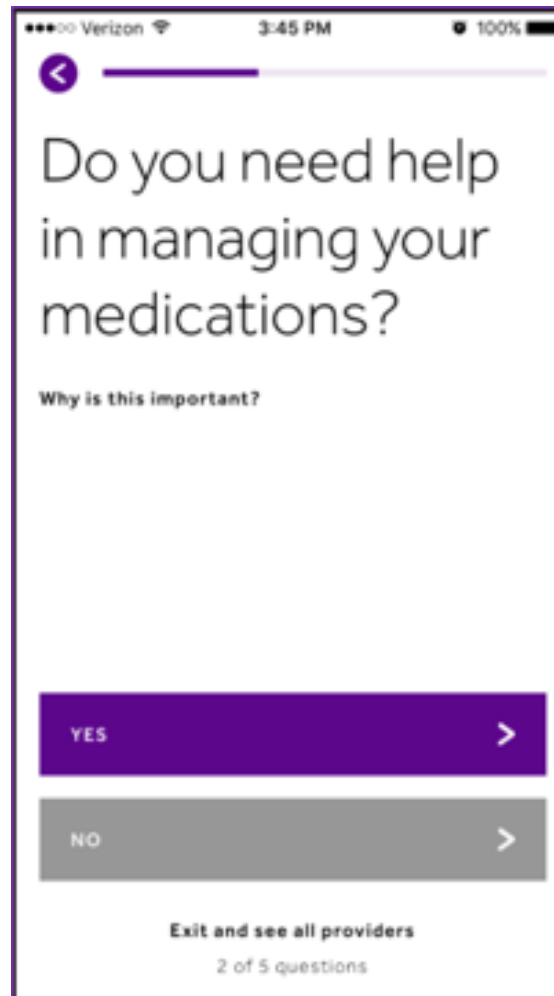
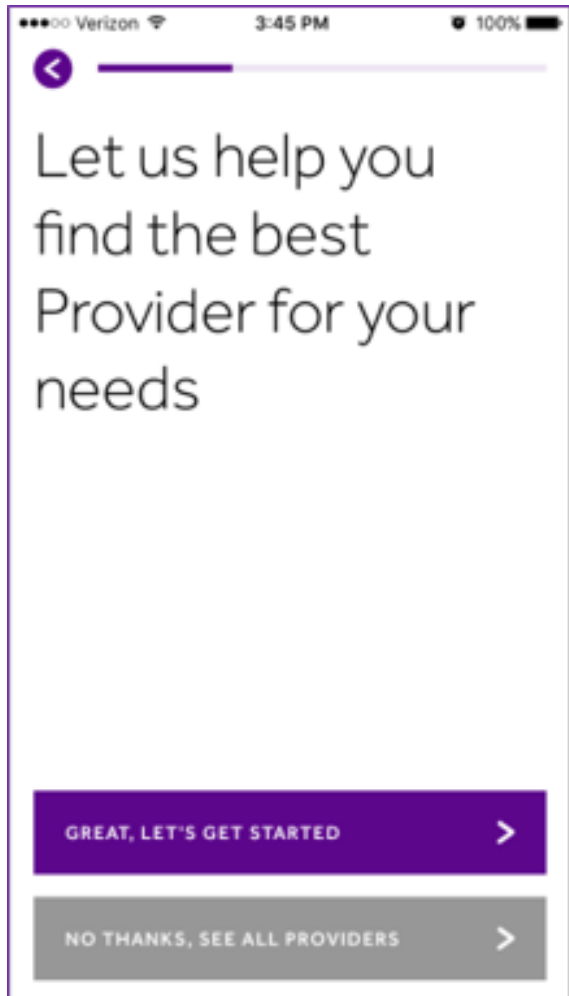
**The student visits with the provider through phone or video**



**The student receives ongoing care with the same provider**

# Provider matching tool

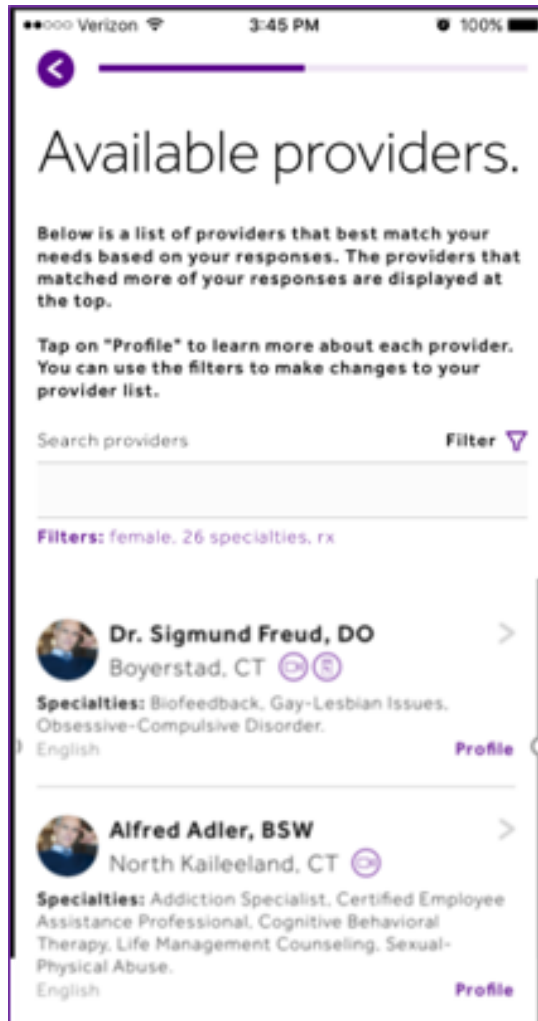
Students that select Mental Health will land in the matching tool (or they can opt to see all providers). They will answer some questions to help them select a provider that best fits their needs.





# Selecting a provider

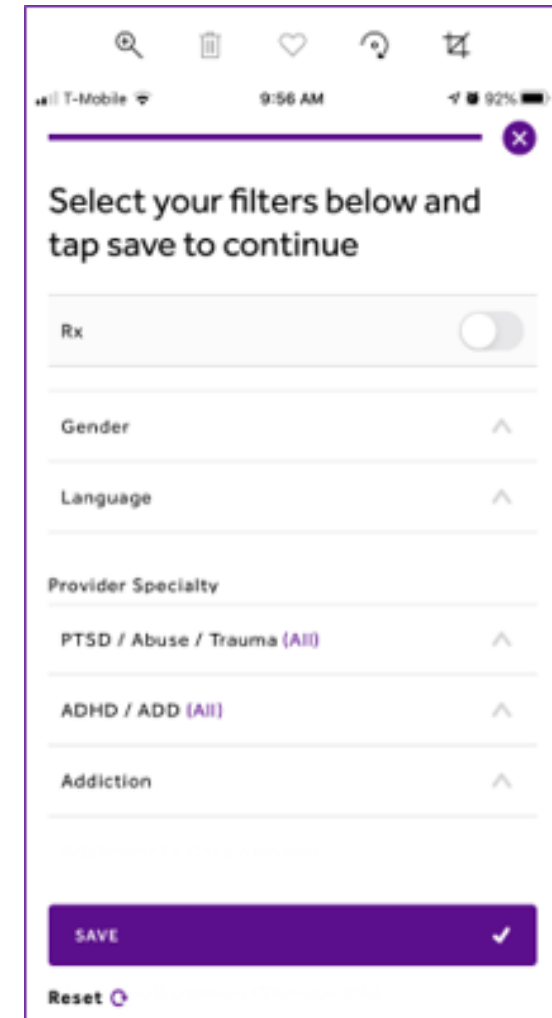
Available providers that best match the student's preferences display at the top



Clicking the profile link expands the provider details for the student to review



Clicking the filter icon or search bar allows students to further refine their selection





# Emotional health questionnaire

Students then complete an emotional health assessment with easy sliding scales to report their answers.

Verizon 4:12 PM 100%

## Emotional Health Questionnaire

During the past TWO (2) weeks, how much, (or how often) have you been bothered by the following problems?

Response key:

- **None:** Not at all
- **Slight:** Rare, less than a day or two
- **Mild:** Several days
- **Moderate:** More than half the days
- **Severe:** Nearly every day

1. Little interest or pleasure in doing things?  
None Slight Mild Moderate Severe

2. Feeling down, depressed, or hopeless?  
None Slight Mild Moderate Severe

3. Feeling more irritated, grouchy, or angry than usual?  
None Slight Mild Moderate Severe

Verizon 4:14 PM 100%

20. Not feeling close to other people or enjoying your relationships with them?  
None Slight Mild Moderate Severe

21. Drinking at least 4 drinks of any kind of alcohol in a single day?  
None Slight Mild Moderate Severe

22. Smoking any cigarettes, a cigar, or pipe, or using snuff or chewing tobacco?  
None Slight Mild Moderate Severe

23. Using any of the following medicines ON YOUR OWN, that is, without a doctor's prescription, in greater amounts or longer than prescribed [e.g., painkillers (like Vicodin), stimulants (like Ritalin or Adderall), sedatives or tranquilizers (like sleeping pills or Valium), or drugs like marijuana, cocaine or crack, club drugs (like ecstasy), hallucinogens (like LSD), heroin, inhalants or solvents (like glue), or methamphetamine (like speed)]?  
None Slight Mild Moderate Severe

CONTINUE >

# Now offering Labs

- If a psychiatrist wants to prescribe a new medication or modify an existing medication, they can order labs for the student during the consult
- This removes the burden from the student of having to go to a doctor and request lab work
- The student will see the lab order in the message section of their app
- The student can then schedule the lab appointment at select labs without ever leaving the app
- Once completed, the results are sent back to Teladoc for review and the psychiatrist can then prescribe or modify the appropriate medication



# How Labs works



## Order

The psychiatrist determines the student needs labs and the order appears in the app

## Schedule

The student completes lab order request and schedules an appointment at their preferred lab location

## Visit

The student goes to the lab location and completes lab test

## Review

The psychiatrist receives test results within 2-7 days

## Action

The psychiatrist reviews results and provides the student an Rx (if needed) through the message center and creates a follow up plan with the student

# Mental Health Medication List

## **Antidepressants:**

- Amoxapine (Asendin)
- Bupropion (Wellbutrin, Wellbutrin SR, Wellbutrin XL)
- Citalopram (Celexa)
- Desvenlafaxine (Pristiq)
- Doxepin (Sinequan)
- Duloxetine (Cymbalta)
- Escitalopram (Lexapro)
- Fluoxetine (Prozac)
- Mirtazapine (Remeron, Remeron SofTab)
- Paroxetine (Paxil, Paxil CR)
- Protriptyline (Vivactill) – ECG
- Sertraline (Zoloft)
- Trazodone (Desyrel)
- Venlafaxine ER (Effexor EX)
- Vilazodone (Viibryd)
- Vortioxetine (Trintellix)
- Fluvoxamine (Luvox)

## **ADHD:**

- Guanfacine (Intuniv)
- Atomoxetine (Strattera)
- Clonidine (Kapvay)

## **Anxiolytics/Hypnotics:**

- Buspirone (BuSpar)
- Diphenhydramine (Benadryl)
- Hydroxyzine (Atarax/Vistaril)
- Melatonin
- Propranolol
- Ramelteon (Rozerem)

## **Monoamine Oxidase Inhibitors:**

- Selegiline (Emsam)

## **Miscellaneous Drugs:**

- Prazosin (Minipress)

## **Bipolar:**

- Divalproex Sodium (Depakote)
- Lamotrigine (Lamictal)
- Oxcarbazepine (Trileptal)

## **Depression**

### **Augmentation/Antipsychotics:**

- Aripiprazole (Abilify)
- Ziprasidone (Geodon)
- Cariprazine (Vraylar)
- Quetiapine (Seroquel)
- Olazapine (Zyprexa)
- Brexpiprazole (Rexulti)

# Would you like more information?

Please contact:

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