

# PSYCHIATRY



## WHAT HELP CAN I GET FROM A PSYCHIATRIST

- Psychiatrists on Teladoc® offer therapies and help manage prescriptions for a wide range of conditions.
- Prescriptions they can prescribe include, but are not limited to, drug classes such as antidepressants, specific anxiolytics, and substance use adjuncts.
- Teladoc® psychiatrists can prescribe short-term medications or maintenance treatment.
- You can receive reduced copayments on medications when you visit the Tang Center.

Note: In the event a physician does prescribe medication, they will limit the supply based on state regulations.

## WHAT IS TELADOC® BEHAVIORAL HEALTH SERVICE?

*What SHIP members need to know about visits with a psychiatrist*

Teladoc® allows SHIP members 18 and older to see a board-certified psychiatrist to help manage medications from the convenience of your home, your dorm, or on the go.



## CRISIS & EMERGENCY

Teladoc® does not offer urgent/emergent Behavioral Health services.

**If you are in crisis, or are having suicidal thoughts, please get help right away or call 911.**

## WHY USE TELADOC'S BEHAVIORAL HEALTH SERVICE

- ▶ Confidential Treatment
- ▶ Convenience to speak with a therapist from anywhere
- ▶ Flexible scheduling
- ▶ Quick access to the right provider for you



[www.Teladoc.com/wellfleetstudent](http://www.Teladoc.com/wellfleetstudent)

## HOW MUCH DOES IT COST TO USE TELADOC?

- There is a \$15 copay per visit for SHIP members to use Teladoc®.
- Non-SHIP students are not eligible to use Teladoc®.
- Payment can be made by PayPal, debit accounts, and all major credit cards

## HOW DO I USE TELADOC?

To start, simply download the free Teladoc® app to your mobile device or visit [www.teladoc.com/wellfleetstudent](http://www.teladoc.com/wellfleetstudent) from a computer with a webcam.

Members may request a telephonic or video-based behavioral health visit with a provider seven days a week, from 7 a.m. to 9 p.m. local time.

The provider may propose alternate times to the member without any time restriction. Please schedule your appointment online via the Teladoc app. Call center reps cannot schedule appointments for you; however they can answer your questions.



- ▶ Register your Teladoc® account via web or app or log in to your account if you're already registered.
- ▶ Request a visit.
- ▶ Answer a few questions.
- ▶ Select a therapist.
- ▶ Request a time for your appointment.