FOR CLINICIANS, DOCTORS' OFFICES AND COUNSELING CENTERS

Can't take a client? *Send them our way.*

Dedicated is MyWellbeing's own therapy practice. When you're full or don't take someone's plan, we can usually see them within a week, and our team handles the insurance check for them.

WHO WE SEE

Adults 18+ living in New York (Washington coming soon).

Individual and couples therapy. All sessions are online.

HOW FAST

Often the next day

First sessions are usually available within a week.

INSURANCE

In-network with **Aetna, BCBS, Cigna, MVP and United.**

Most co-pays are $20–$30. Medicaid coming soon.

SELF-PAY

$200 per 60-minute session.

$100 sliding-scale rate for clients in financial need.

WHAT WE HELP WITH

Anxiety · Depression · Relationships · Life transitions · LGBTQIA+ support · Women's stressors · Career and work burnout

How to refer

1. Your client emails us (or you do, with their OK).
2. Include their name, insurance and the state they live in.
3. A real person on our team replies, 9 AM–5 PM ET, checks their coverage and helps them book.

EMAIL

dedicated@mywellbeing.com

We don't provide crisis care. If someone is in crisis, they should call or text 988, or go to the nearest emergency room.