

# Counseling on your terms

## No-cost, confidential support when you need to talk to someone

Managing stress, depression, or anxiety can be overwhelming. Coping with these challenges can become easier when you have someone to turn to. Your **Carelon Wellbeing** benefit offers **5** sessions per issue per year. Schedule an appointment with a licensed counselor for online or in-person sessions during times that work for you. Sessions are strictly confidential.

## You have options

You can choose to meet in-person or utilize virtual care through video, telephone, or chat. We have a network of caring clinicians and can help you find the one who is right for you.

### In-person counseling

When you need to talk to someone face-to-face, your Carelon Wellbeing benefit is here for you. Search our network to find a provider near you. If you don't know where to start, we can help you with your search.



### Virtual counseling

**Convenient virtual care options make getting help easier than ever.**

- Schedule secure, confidential sessions with licensed counselors in the comfort of your own home.
- Sessions are available during times that work for you, even evenings and weekends.

#### Choose your provider for video or telephonic care

Self-scheduling is available for video sessions online or sessions delivered by telephone. Choose from our provider profiles to find the right fit for you and schedule your session on-demand.

#### Let us do the heavy lifting

In addition to video and telephonic care, some providers are available via text. Take our short questionnaire to receive your best provider match through Talkspace.

## Questions about how to find the right fit?

We can help you better understand your options and find a clinician that meets your needs. Simply give us a call and we'll help you get started.

[carelonwellbeing.com/nowoptics](https://carelonwellbeing.com/nowoptics)

**855-590-3966**

