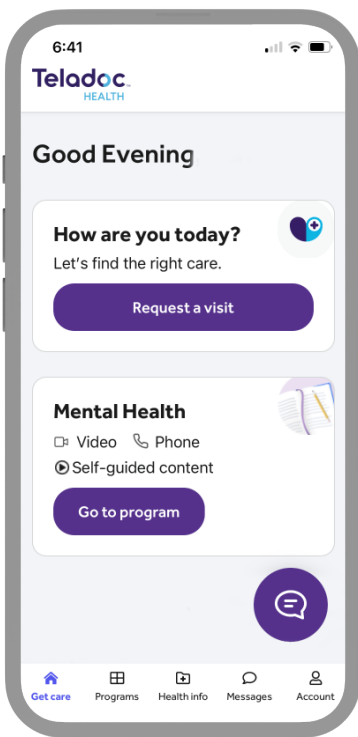


Helping **valued veterans** get the support they need

Learn helpful strategies to feel more like yourself again.



No matter when you or a loved one served, Teladoc Health knows that veterans may face challenges affecting health, relationships, work and general well-being.

You don't have to face them alone. Work with an experienced therapist or psychiatric provider of your choice by phone or video.

Experts provide support for:

- Anxiety, stress, depression
- Mood swings
- Trauma and PTSD
- Not feeling like yourself
- Relationship conflicts
- Medication management
- Managing grief

To start making progress:

1. Register and fill out a brief questionnaire.
2. Choose the therapist or psychiatric provider you think will be the best fit for you.
3. Pick a day and time that fits your schedule.
4. Get the support you need when and where you're most comfortable.

Get started—it's already part of your benefits

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Refer to your employee booklet at umr.com for Teladoc benefits