

# ***myStrength Complete* by Teladoc**

## *Summary*

### **Integrated Virtual Digital Solutions for Mental Health & SUD Offers Flexibility & Effectiveness**

- Fees are based on Utilization only (no PEPM's); \$19 per utilization
- Professional visit fees below in network and out of network fees – Initial visit with Psychiatrist \$200, on-going visits \$95; Psychologist/MSW \$85
- Unlimited use of the Digital Therapeutics and Guides (24/7 access)
- 7 Coaching sessions (+ 2 buffers) at no charge (24/7 access)
- Average time to an actual clinical visit 5-7days
- Crisis management included and can be customized by Fund
- Remote Licensed Care – Telepsychiatry; Teletherapy
- Remote Care – Telecoaching; Crisis outreach; Engagement
- Digital Programs – Structured digital courses; Recommended digital content
- Endorsed product of the National Labor Alliance – fully vetted and contract complete via a Joinder (no lengthy contracting process and legal fees)
- User friendly app offers easy guidance with many additional tools

