



# A NEW Behavioral Telehealth Program exclusively for SCMEBF members & family members age 18+ Starting May 1st, 2022

We are pleased to announce that you and your family now have access to Access Discount Healthcare – your new telehealth service. Telehealth allows you to reach a therapist by phone, app or webcam whenever it's most convenient for you.

## Q What is telehealth?

Telehealth utilizes technology to give you and your family affordable and convenient access to behavioral health services online. Using Access Discount Healthcare's telehealth service and national network of US-licensed, board-certified medical providers and therapists, you can connect with a provider online, and receive a diagnosis and personalized treatment plan, including prescriptions for common medications, when medically necessary. Telehealth can help when you need medical attention or behavioral health support after-hours, when your regular provider is not available, or when travel is difficult.

## Q How does Access Discount Healthcare work?

When you have a behavioral health concern, either call Access Discount Healthcare or visit the website listed below. Once online you will be asked to register and log on. After you've created your account it's simple to schedule a Behavioral Health video, app or phone visit with one of Access Discount Healthcare's providers.

## Q How can Access Discount Healthcare Virtual Therapy help?

Below is a sample of some of the concerns our licensed team can help with:

- Addiction
- Anger Management
- Anxiety
- Bipolar disorder
- Depression, grief/loss
- Divorce, relationships
- Domestic violence
- Eating disorders
- Mood swings
- Obsessive Compulsive Disorder
- Panic attacks
- Performance Coaching
- PTSD
- Stress Management
- Spirituality

**And more!**

Visit Access Health at this address:  
[www.memd.me/scmebf](http://www.memd.me/scmebf)  
or call 844-636-3668

ACCESS DISCOUNT HEALTHCARE  
POWERED BY MeMD





### When is online therapy available?

We schedule therapy sessions seven days a week when it's convenient for you. Many patients can meet with a therapist in as little as 48 hours of requesting an appointment.



### Who is eligible to use the service?

The program is available to you, your spouse or domestic partner, and children up to the age of 26. You must be 18+ to have a therapy session.



### Will I see a quality provider?

**Yes.** Behavioral Health care is provided by our team of US-licensed therapists.



### Do I need an email address?

**Yes.** An email address is required in order to create a profile for patients who are over the age of 18.



### Is this service confidential?

**Yes.** Access Discount Healthcare services are HIPAA compliant and completely confidential.



### How much does a visit cost?

Access Discount Healthcare is being offered to you at a special rate of \$0 per session.



### Is a webcam required?

**No,** in many states therapy can be provided by phone, though we highly encourage using a webcam when available, since it allows our providers to deliver the best possible care. Note - a webcam may be required in certain states. Please contact Access Discount Healthcare for further information.



**IF YOU ARE CURRENTLY ENROLLED IN THE ACCESS DISCOUNT HEALTHCARE "URGENT CARE TELEMEDICINE" AND HAVE REGISTERED AT [WWW.CALLADR365.COM](http://WWW.CALLADR365.COM) OR THROUGH 800-709-8390 THEN THIS NEW BENEFIT WILL BE ADDED TO YOUR PROFILE ON MAY 1<sup>st</sup>, 2022. IF YOU HAVE NOT REGISTERED THEN PLEASE TAKE THE NEXT STEPS...**



#### STEP 1: CREATE AN ACCOUNT

Visit the Access Discount Healthcare/MeMD portal to sign up/activate at [www.memd.me/scmebf](http://www.memd.me/scmebf) or call **1-844-636-3668**.



#### STEP 2: REQUEST A VISIT

For behavioral health issues, you can request and schedule a visit using your smartphone, tablet or computer.



#### STEP 3: SPEAK WITH A THERAPIST

Consult with your behavioral health provider by video or phone when it's most convenient for you.

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[www.memd.me/scmebf](http://www.memd.me/scmebf)  
or call 844-636-3668

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Dear member,

Unfortunately, due to an internal error at Access Health the link provided in the mailer for Behavioral Telehealth is not working. There is a dedicated number for the Benefit Fund, **844 636-3668** which members can use to sign up. Members should mention that they are with the Suffolk County Municipal Employees Benefit Fund.

Apologies for any inconvenience this may have caused.