

Therapy, made simple for you & your family!

"Zero cost, fast scheduling for appointments, hassle free & confidential."

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

This new benefit is 100% Sponsored by the SCMEBF and Not part of EMHP. Therefore, NO prior authorizations or referrals are needed, and your services will remain completely confidential between you and the therapist. The plan does not report activity to EMHP.

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. 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.

How does ADHC work?



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



How much does a visit cost?

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



Is this service confidential?

Yes. ADHC services are HIPAA compliant and completely confidential.



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When is online therapy available?

We schedule therapy sessions seven days a week when it is 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 10 years old, up to the age of 26.



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.



How can ADHC Virtual therapy help?

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

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



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 ADHC for further information.

IF YOU ARE CURRENTLY ENROLLED IN THE ADHC "URGENT CARE TELEMEDICINE" AND HAVE REGISTERED AT WWW.CALLADR365.COM OR THROUGH 800-709-8390 THEN THIS NEW BENEFIT WILL BE ADDED TO YOUR PROFILE. 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 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 is most convenient for you.

- Zero Cost
- Hassle free
- 100% Confidential