

A calm mind is a tap away

How is your emotional well-being?

If something is weighing you down, talking to someone can help. HealthiestYou's licensed therapists are available seven days a week. Choose your therapist, pick a time that is convenient for you, and then talk to the therapist from the privacy of home or anywhere you feel comfortable.

HealthiestYou therapists can treat:

- Anxiety
- Depression
- Stress/PTSD
- Panic disorder
- Family and marriage issues
- And more

Psychiatrist

\$200 /evaluation
\$95 /ongoing session

Therapist

\$85 /session



Get confidential therapy quickly and conveniently

Download the app to schedule an appointment  

Have questions? Contact us at member.healthiestyou.com or 866-703-1259



Available to members and eligible dependents 18 and older

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