

**“Empathetic. Caring. Affordable.  
Thorough. A GREAT medical  
experience which is not easy  
to say these days.”**

- Shannon, WHVC Patient

Ongoing support from  
a licensed therapist



**Confidential. Convenient. Affordable.** Whether you are facing an emotional setback, seeking support or looking to be proactive in your mental health, Walmart Health Virtual Care (WHVC) is an easy & trusted way to request a virtual visit with a licensed therapist in as little as 72 hours. Schedule a meeting with the WHVC therapist of your choice—by phone (where permitted) or video—and start improving your life.

## Use WHVC when:

### You don't want to wait weeks.

Our therapy visits can be scheduled in as little as 72 hours, at a time that works for you.

### You prefer your own couch.

Have your visit from the comfort of your home, office, or private space & avoid the commute.

### You're worried about stigma.

No one has to know you're seeking support. Visits are conducted privately & securely.

### Cost or insurance is a concern.

Teletherapy can be more cost-effective than in-person therapy & can save you money.

## We can help with:



Marriage  
& family



Depression



Anxiety



Trauma  
& loss



Life  
transitions



And more!



## Total Telehealth:

### Behavioral health

- Talk Therapy (18+)
- **Teen Therapy (10-17)**
- Psychiatry (18+)



## Teen therapy services

Even your best employees will struggle at work if there are struggles at home. This is especially true for employees whose kids are suffering from mental, behavioral or emotional challenges. Sadly, behavioral health issues in children and teens are skyrocketing, but options for care are severely limited.

### The issue

- The last decade has seen a **drastic increase in behavioral health disorders in children and teens**.
- **Depression among adolescents increased 52% between 2005 and 2017**, according to the American Psychological Association.
- The U.S. Department of Health and Human Services reports **one in five** adolescents has a diagnosable behavioral health disorder, and nearly **one in three** shows signs of depression.

### The solution

Walmart Health Virtual Care's national provider team includes licensed professional counselors, licensed clinical social workers, licensed family therapists, and other equivalent licensed professionals.

Our teen teletherapy solution connects youth ages 10-17 to the behavioral health care they need – quickly, easily and comfortably. Our providers offer special expertise in counseling kids and teens facing a variety of common issues, including:

- ADHD/ADD
- Anxiety & stress
- Depression
- Bipolar disorder
- Family dynamics
- Peer conflict & bullying

## How it works

- Parents can schedule a virtual visit with a therapist in as few as 72 hours (vs. weeks or months). This is critical for kids in crisis.
- Visits take place via computer or mobile device. This format works well for adolescents who are often more comfortable with virtual vs. in-person visits.
- Parents take part in the first session and can discuss the program and ongoing participation throughout treatment
- The therapist designs a detailed treatment plan with specific benchmarks and frequent check-ins to ensure the treatment is effective.