



# DialCare<sup>®</sup> THERAPY

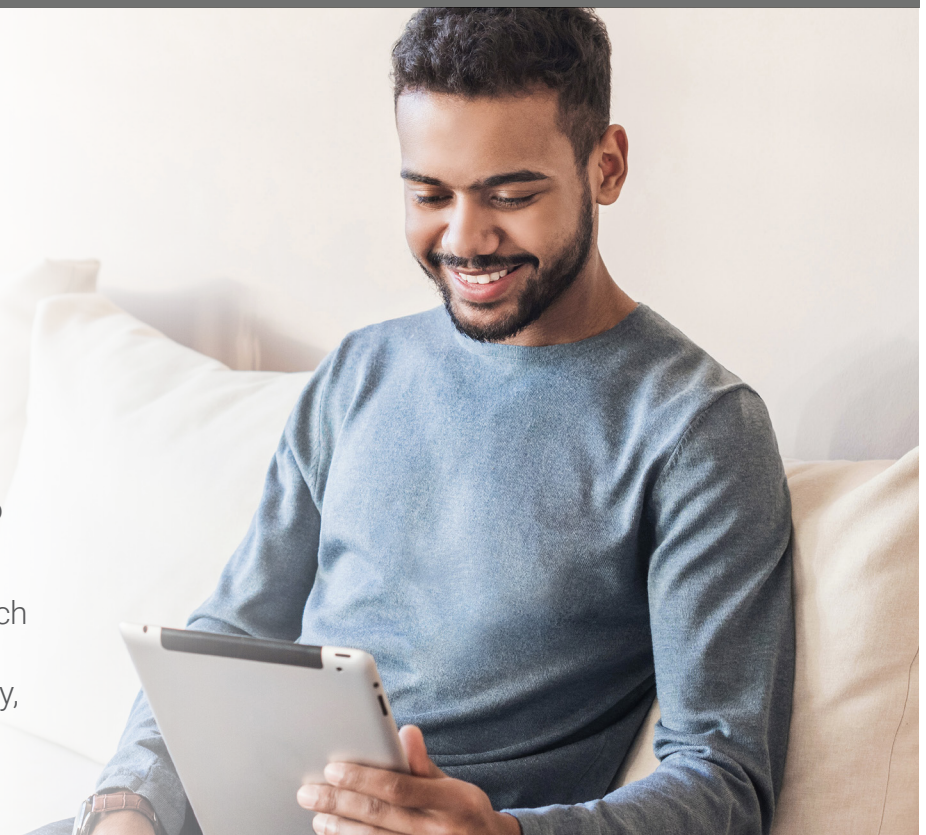
The DialCare Therapy program is a high-impact telebehavioral health program with a focus on mental and behavioral health assistance.

DialCare Therapy is a program designed to provide safe, secure and private means of seeking mental health assistance from licensed mental health professionals via virtual or telephonic counseling sessions. With the prevalence of mental health conditions in our country, this solution is another needed resource to support the mental health and well-being of our members.



Leveraging one of the industry's most technologically advanced platforms, the DialCare Therapy model is simple: access to care from licensed mental health professionals by phone or video when you need it.

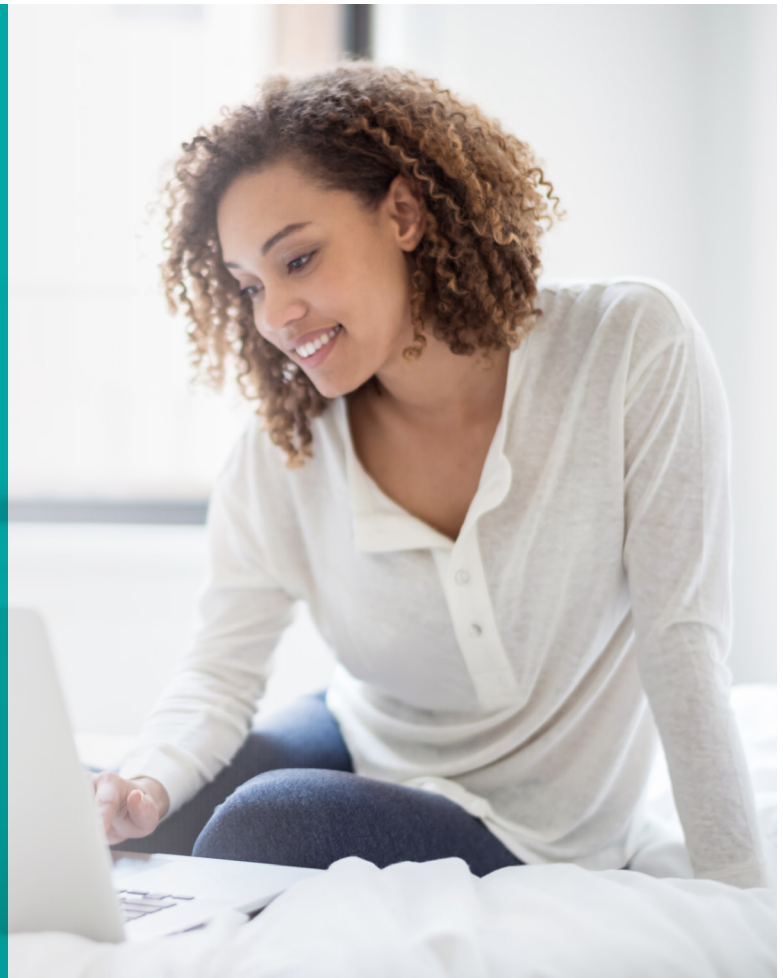
Our counselors work with conditions such as depression, stress, eating disorders, addiction, relationship problems, anxiety, grief and more.



DialCare<sup>®</sup>  
THERAPY

- Mental health disorders account for several of the top causes of disability in the U.S.
- 67% of Americans find it harder to find a mental health provider vs. a physical health provider.<sup>1</sup>
- Many people suffer from more than one mental disorder at a given time.
- An estimated 43% of Americans reported needing mental health care but had no access to it.<sup>2</sup>
- 25% of Americans failed to receive treatment because some providers do not offer telehealth.<sup>3</sup>

Source: 1.<https://www.thenationalcouncil.org/wp-content/uploads/2022/05/2022-Access-To-Care-Survey-Results.pdf> 2.<https://www.thenationalcouncil.org/wp-content/uploads/2022/05/2022-Access-To-Care-Survey-Results.pdf> 3.<https://www.thenationalcouncil.org/wp-content/uploads/2022/05/2022-Access-To-Care-Survey-Results.pdf>.



**Members can reach counselors within our network via phone or video.**



**Counselors can schedule follow-up calls on behalf of the member if both parties agree.**



**Appointments can be set between 7 a.m. and 10 p.m., seven days a week.**



**Three-way conversations are available for joint sessions if recommended by the counselor or requested by the member.**



**Members can request the same counselor they previously consulted with.**

**Disclosure: THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.**

**DialCare**  
THERAPY