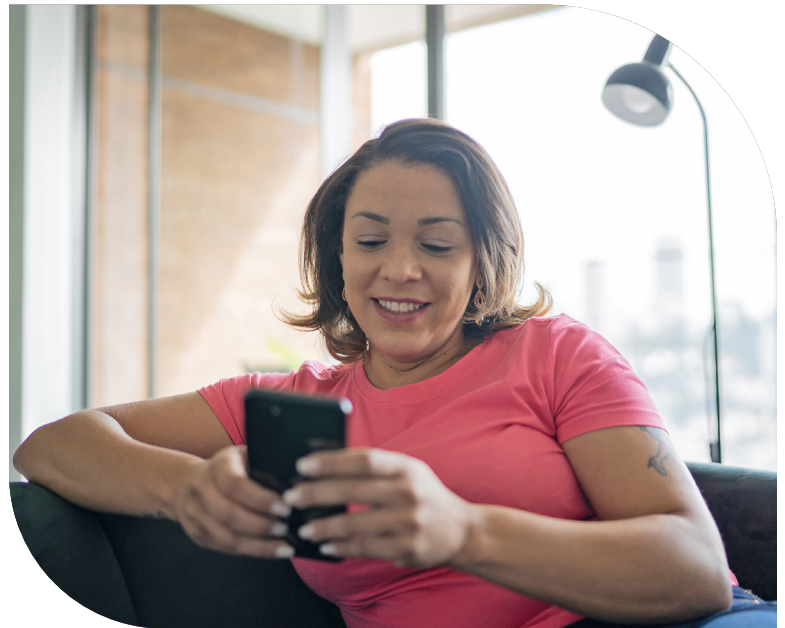


# Get the self-guided emotional health support you want and deserve

At no extra cost to you



Discover Teladoc Health Mental Health, a flexible and convenient self-guided digital program with proven tools and dedicated support for stress, depression, sleep and more.

## Teladoc Health empowers you with:



### A personalized plan

Answer a series of questions and Teladoc Health will create a plan designed just for you.



### Recommended digital content and resources

Explore self-guided activities and tools based on your goals and needs.



### In-the-moment tools

Learn calming techniques, shift your thinking, get inspired and feel more hopeful.

Teladoc Health<sup>®</sup> takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA. Please see our [Notice of Privacy Practices](#) for more information on how Teladoc Health uses your health information.

## Get started

Join now by visiting [TeladocHealth.com/start/mental-health-digital](https://TeladocHealth.com/start/mental-health-digital) and use the code **SOI** to register.

Regence BlueShield of Idaho is an Independent Licensee of the Blue Cross and Blue Shield Association. Members must be 13 or older and covered by a Regence Health Plan to enroll in the Teladoc Health Mental Health program. Teladoc Health is a separate company that provides care and disease management services. Teladoc Health is not insurance, but it is offered in addition to your medical plan to help you get information and support when you need it. To opt out of the Teladoc Health program, please contact Teladoc Health Member Support at 1-800-835-2362.

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone, tablet or smartwatch.

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2365 o visite [TeladocHealth.com/Peace](https://TeladocHealth.com/Peace) ©Teladoc Health, Inc. All rights reserved. Teladoc Health marks and logos are owned by Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.