

FIVE STEPS TO MANAGING YOUR STRESS.

With MDLIVE, you can visit with a therapist
24/7 from your home, office or on-the-go.



Feeling tense, anxious, or worried? There are steps you can take to manage your stress level and find the best ways to cope. Here's how:

Visit a therapist by phone*, secure video or the MDLIVE App.

- 1. Take inventory of the stresses in your life.**
Everyone deals with stress – what kinds of stress do you encounter every day?
- 2. List the ways you typically manage stress.**
Good or bad, everyone has coping strategies. What do you do?
- 3. Decide which strategies work and which don't.**
Which techniques are healthy and beneficial and which aren't?
- 4. Talk to a therapist.**
A therapist can help you develop effective coping strategies to manage stress or adjust to life changes.
- 5. Put your plan into action**
Once you've identified the best ways to deal with your stress, you can take specific steps to reduce or manage it.

What You Pay

You pay your applicable in-network copay, coinsurance or deductible.

Your doctor will send prescriptions to your preferred in-network pharmacy when necessary so they are ready when you are.

Confidential, convenient therapy that works.

MDLIVE's counseling services are designed to work around your needs. There's no travel time and no visit to an office needed. Just log in, choose your therapist and schedule an appointment.

Start feeling better today. Join for free and learn more about our counseling services.

*Effective July 1, 2020, Idaho law no longer requires an initial visit to be completed over video. Any visit may be completed by telephone. In Arkansas, a March 2020 executive order lifted a restriction for an initial visit to be completed over video.



Download the app.
Join for free. Visit a doctor.

MDLIVE.com/bcoidaho
888-920-2975