



Mind Matters: Teladoc Mental Health

Experiencing a significant change?

Want to improve your relationships?

Facing an upcoming challenge?

Teladoc Mental Health is a

FREE & CONVENIENT BENEFIT

that offers virtual visits with
licensed professionals.

The best part? Signing up and
scheduling a session is quick and easy,
often taking just 10 minutes!

Teladoc Mental Health
is available to all employees and
dependents aged 13 and older at

NO COST TO YOU

regardless of health plan enrollment.
There's no need to provide any
credit or debit information.

You can schedule a visit quickly,
often as early as the next day.

1

Once you've downloaded the app,
you'll be prompted to enter some basic
information about yourself.

Near the bottom of the page, you'll see a
checkbox asking for a code. Please enter
'Cottingham' in that field.

2

On the next page, you should be able
to select 'Cottingham & Butler Employees'
even if you're accessing resources
for a dependent.



Mental Health

Talk to a therapist or psychiatrist by phone or
video, 7 days a week

Get Started



After entering additional demographic
and medical history information,
you'll find this button on the home menu.

3

From there, you can specify your intention
and preferences for your visit before choosing
from a curated list of providers best suited
to your needs.

Beneath their bios, you'll be able to select
the time that's most convenient for you.
And that's it, you're all set!

*Controlled substances are not available
through Teladoc Mental Health prescribers.