



Cottingham & Butler

Teladoc Mental Health

Overview

Creating Your Account

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Helping Others



Teladoc Mental Health

Free and unlimited virtual visits and digital support
for you and your dependents age 13+

Overview

Teladoc gives you access to licensed therapists and psychiatrists by phone or video. Schedule an appointment with a certified therapist who can help you:

- Learn to stay calm in highly overwhelming moments.
- Manage and understand depression.
- Create boundaries with relationships and conflict.
- Control anxiety from work or home stressors.
- Overcome past trauma.

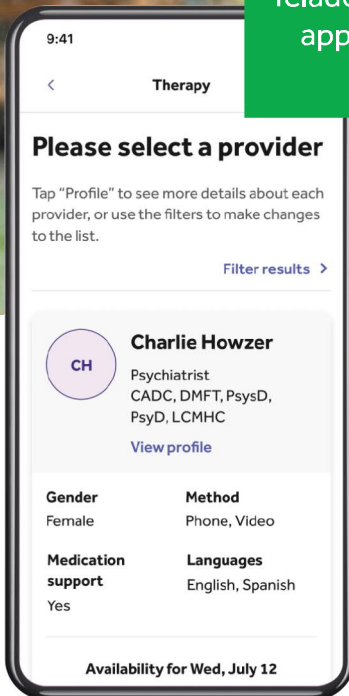
Medications can be prescribed if necessary, however, the cost may vary on your health plan. The Cottingham & Butler health plan covers generic and preventive medications at little to no cost. More information about prescription drug coverage for C&B health plan enrollees is available by visiting www.optumrx.com or calling 1-855-524-0381.

Take advantage of digital tools and dedicated support for stress, depression, sleep and more. Progress at your own pace and connect with care at no extra cost.

- **A personalized plan:** Answer a series of questions, and myStrength (now on Teladoc Health app) will create a plan designed just for you! This takes less than 10 minutes.
- **Teletherapy your way:** Connect with a licensed therapist, psychologist, or psychiatrist of your choice by appointment 7 days a week from the comfort of your home.
- **Activities and content:** Explore skill building tools and resources based on your ongoing needs and preferences.
- **In-the-moment tools:** Calm yourself down, shift your thinking, get inspired and feel more helpful.

Overcome whatever comes your way with Teladoc Health

Download the Teladoc Health app today.





If something is on your mind—big or small—talking to an expert can help. Choose the therapist who fits your needs and schedule a time that is convenient for you. Teladoc Health licensed therapists are available 7 days a week, and you can talk from your home or wherever you are most comfortable.

Teladoc Health therapists specialize in:

- Anxiety & Depression
- Grief
- Stress/PTSD
- Panic disorder
- Family and marriage issues
- And more

Schedule a confidential therapy visit today

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (800-835-2362) | Download the app  | 

Mental Health care is available for eligible members ages 18-plus.

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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.



Mental Health FAQs

How can the Teladoc Health Mental Health service help me?

It might be helpful if you're looking to feel more relaxed or get better sleep. It can also help strengthen relationships, sharpen your concentration and help with many other areas of your life.

What type of digital content is available?

Your content library includes lessons, videos, guided meditations and activities. They cover a wide range of emotional and mental health topics like stress, anxiety, sleep issues, divorce and grief.

What type of coaching do I have access to?

The type of mental health coaching you're offered depends on your benefits and mental health assessment. You'll have access to either:

- Text-based coaching, in which you can message your coach directly
- A combination of text-based coaching and one-on-one video sessions

If your benefits include both text-based and video coaching, you can get coaching support in whichever way feels best for you.

How long are the coaching and therapy visits?

Therapy visits are typically 45 to 60 minutes. Mental health coaching sessions last about 30 minutes.

When should I talk to a certified mental health coach, therapist or psychiatrist?

Mental health coaches:

- Focus more on the challenges you face in the present moment
- Meet with you for a set number of weeks

Therapists:

- Dive deep into many areas and times of your life—past and present
- Meet with you for as long as you need

Psychiatrists:

- Can prescribe medications to help manage mental health conditions
- Meet with you for as long as you need

How do I get started?

Start by creating your Teladoc Health account. You'll then get a chance to complete your wellness assessment. You can access your account online or on the Teladoc Health app by selecting the Mental Health tile.

Take the first step toward peace of mind



Teladoc.com

1-800-TELADOC (800-835-2362)

Teladoc Health is not available internationally.

myStrength is now Teladoc Health



Your programs and benefits are moving to Teladoc Health

myStrength and Teladoc Health are becoming one brand, with one experience for all our members. You'll have the same great programs and benefits, just in a new place.

[Get started →](#)

It's one simple step!

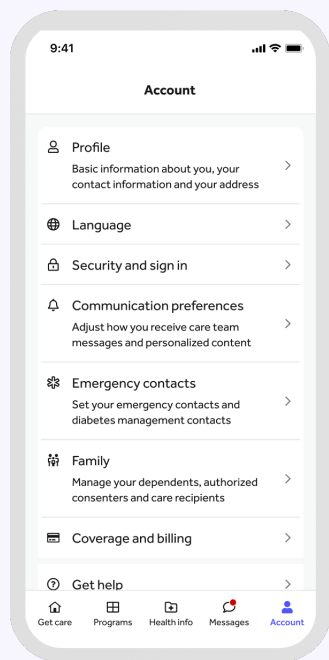
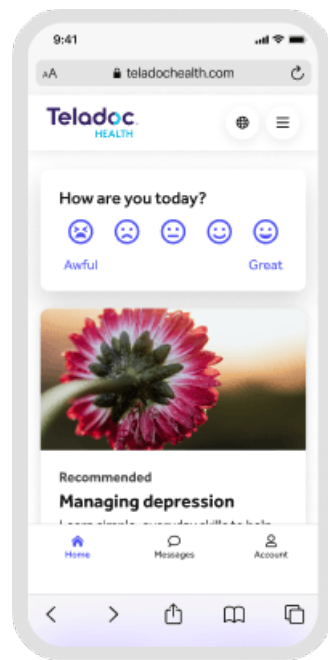
All you need to do is sign in and set a new password.
We'll take care of the rest.

Your myStrength profile, programs and information will transfer automatically.

[Sign in →](#)

Use Teladoc Health going forward

Bookmark the Teladoc Health [website](#) or download the [app](#) to access your programs from now on. Expect future notifications to come from Teladoc Health.



Explore your account settings

Your Teladoc Health home screen will have a fresh look and feel. The biggest change you may notice is how your account settings are organized. It's a good time to make sure everything is up to date.

Help and support

Our Member Support team is here to assist you in this transition. [Visit our FAQ Page](#) if you need help.



Helping others balance their brain health

Are you OK?

It's a simple question. For someone who is struggling, it can be difficult to answer.

Brain health problems are common.¹

Anyone can experience them.² If someone you know is struggling, they may have trouble speaking up for themselves.

Most people with brain health problems can, and do, get better. How can you help? You can start by recognizing signs in those around you. Early warnings can include:¹

- ☑ Eating or sleeping more or less than usual.
- ☑ Confused thinking, forgetfulness or reduced ability to concentrate.
- ☑ Feeling on edge, upset, angry, worried or scared.
- ☑ Extreme mood changes of highs and lows and fighting with or yelling at family and friends.
- ☑ Withdrawing from friends and activities.
- ☑ Significantly low energy.
- ☑ Feeling numb, helpless, hopeless or like nothing seems to matter.



Starting the conversation can open the door to getting someone the help they might need. Express your concern and offer your support.²

Here are some conversation starters you can use:

- ✓ I've been worried about you. Can we talk about what you are experiencing?
- ✓ How can I help you talk with someone who cares about you?
- ✓ I am someone who cares and wants to listen. What do you want me to know about how you are feeling?
- ✓ Who or what has helped you deal with similar issues in the past?
- ✓ Sometimes talking to someone who has dealt with a similar experience helps. Do you know of others who have experienced these types of problems you can talk with?
- ✓ It seems like you are going through a difficult time. How can I help you find help?
- ✓ How can I help you find more information about mental health problems?
- ✓ I'm concerned about your safety. Have you thought about harming yourself or others?

Seek immediate medical assistance if you think they are in any danger of harming themselves.

Talking about feelings of depression, anxiety or any brain health issues is never easy for anyone. Recognizing these symptoms is a step in the right direction toward getting them the right help. Offering to help them can make a difference in both your lives.

If you or someone you care about is considering suicide, call 988 or the National Suicide Prevention Lifeline at 800-273-TALK (8255).

Let Teladoc Health be a part of your wellness journey. To sign up or learn more, go to TeladocHealth.com.

¹<https://www.mentalhealth.gov/basics/what-is-mental-health#early>

²<https://www.mentalhealth.gov/talk/friends-family-members>



Feel like yourself again

Now available

Don't wait to get the support you need



In addition to your Teladoc Health General Medical services, you now have Mental Health support. Get confidential therapy 7 days a week for conditions like depression, anxiety, stress, marital or family issues and much more by phone or video.

The benefits of using Teladoc Health Mental Health

- ✓ Choose the therapist who best fits your needs
- ✓ Speak with an expert from wherever you are most comfortable
- ✓ Schedule an appointment when it's convenient for you
- ✓ Confidential treatment for as little or as long as you need

Find a therapist who works for you

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (800-835-2362) | Download the app  | 



myStrength

A Unified Brain Health Care Experience

C&B is excited to share with you myStrength, a new health benefit offered at no cost to you! MyStrength is a flexible and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep and more all tailored to your unique needs.

myStrength Offers:



A Personalized plan

Answer a series of questions, and myStrength will create a plan designed just for you! This takes less than 10 minutes.



Teletherapy your way

Connect with a licensed therapist of your choice by appointment 7 days a week from the comfort of your home.



Recommended activities and content

Explore skill building tools and resources based on your ongoing needs and preferences.



In-the-moment tools

Calm yourself down, shift your thinking, get inspired and feel more helpful.

Frequently Asked Questions:

Who is eligible?

All employees, spouses and 18+ dependents are eligible for myStrength



Will my information be shared?

MyStrength is HIPAA compliant so your information is confidential and will never be shared



How do I enroll?

You can enroll straight through the Teladoc app, you do not need a separate app to take advantage of this benefit.

Your registration code is: COTTINGHAM



How do I schedule an appointment?

- Once you are logged into Teladoc, click the tile labeled “Mental Health”
- You will have the choice to request a visit with a provider that can be scheduled in as little as 72 hours
- You have the option to answer five questions from myStrength that will display providers that can cater to your specific needs. Providers are displayed by title, specialty, availability, and with different language options
- You will receive an email confirmation upon successfully scheduling an appointment

If you have questions regarding enrollment or technical issues, you can reach out to www.teladoc.com or at 800-945-4355.

Human Resources | Cottingham & Butler | 800 Main Street, Dubuque, IA 52001
1.800.793.5235 | www.CottinghamButler.com

Teladoc Health Mental Health care

Confidential therapy
on your terms



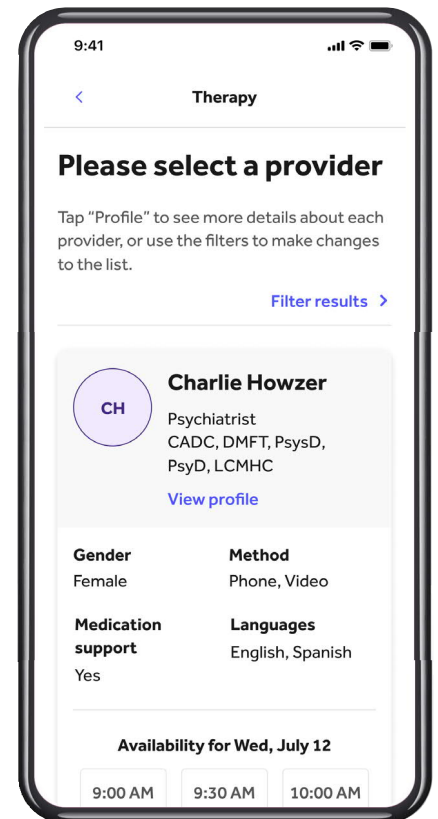
Your mental health is as important as your physical health. Teladoc Health's licensed therapists can help with:

- Anxiety
- Depression
- Marital issues
- Stress
- Grief
- And more

Talk to a therapist 7 days a week by phone or video from wherever you are most comfortable.



How it works:

- 1 Download the app or go online to register or log in
- 2 Complete a brief mental health questionnaire
- 3 Schedule an appointment with the therapist who best fits your needs



Learn more today

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (800-835-2362) | Download the app  | 

Mental Health care is available for eligible members ages 18-plus.

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myStrength: a Unified Brain Health Care Experience

With May being Mental Health Awareness month, we'd like to share more information about a benefit offered through Teladoc called myStrength which provides tools/support for stress, depression, sleep and more – all tailored to your unique needs!

myStrength offers:

A Personalized Plan

You can answer a series of questions, and myStrength will create a plan designed just for you (this takes less than 10 minutes). This plan can assist you with evidence-based support for many types of emotional and physical challenges: Stress, sleep, depression, anxiety, relationships chronic pain and more

Teletherapy Your Way

Connect with a licensed therapist, psychologist, psychiatrist, or health coach of your choice by appointment 7 days a week from the comfort of your home.

Recommended Activities and Content

Explore skill building tools and resources based on your ongoing needs and preferences.

In-the-Moment Tools

Calm yourself down, shift your thinking, get inspired and feel more helpful.

Who is eligible?

All employees, spouses and 18+ dependents

Will my information be shared?

myStrength is HIPAA compliant so your information is confidential and will never be shared

How do I enroll?

You can enroll through the Teladoc app with the registration code: **COTTINGHAM**

- Download the Teladoc app from your mobile device then begin creating an account
- Once you are logged into Teladoc, click the title labeled "Mental Health"
- You will have the choice to request a visit with a provider that can be scheduled in as little as 72 hours.
- You have the option to answer five questions from myStrength that will display to providers that can cater to your specific needs. Providers are displayed by title, specialty, availability and with different language options.
- You will receive an email confirmation upon successfully scheduling an appointment.

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