



## Behavioral Health Services – a health benefit for the modern world

**Online therapy is personal, confidential and convenient - better yet, it helps improve lives at home and work. These online services are powered by MeMD and available through Aflac:**

### Telepsychiatry Services

#### Filling gaps to give your members access to the care they need

As an employer, you know that mental health issues impact your workforce - and many businesses include behavioral health services in benefits packages - but it's just not enough.

MeMD's telepsychiatry solution can help. It provides your employees with the mental health services they need while boosting productivity and safeguarding your bottom line.

Your employees have access to psychiatric providers that specialize in the diagnosis and treatment of mental health issues and can work with MeMD therapists to provide comprehensive care.

- Providers treat depression, anxiety, substance abuse, trauma, mood disorders and other mental and emotional concerns.
- Visit with psychiatric provider can be conducted via phone or video. There are no state requirements for this program.
- Medications for managing behavioral health concerns are prescribed, as appropriate.\*

#### How to use this service

- Members log onto MeMD to schedule their initial 45-minute session.
- Employees use a computer or mobile device to connect with a psychiatry provider who designs a treatment plan that may include talk therapy, medications, psychosocial interventions and other treatments, depending on the employees' needs.
- Follow-up sessions to manage medications and evaluate progress are 15 minutes.
- \$195 for initial visit; \$95 for follow-up visits.



**Contact your Aflac agent for more information.**



Value-Added  
Services



## Talk Therapy Services

### Providing access to the support you need

This solution gives employees access to high-quality, convenient and confidential mental health services, so they can get the support they need. Teletherapy overcomes limitations of geography, limited provider networks and the perceived stigma of seeking mental health treatment. MeMD's national provider network includes licensed professional counselors, licensed clinical social workers, licensed marriage and family therapists, and other equivalent licensed professionals.

- Using a computer or mobile device, employees connect with a therapist from the privacy of their home or location of their choice.
- Therapists develop a treatment plan to address employees' specific needs.
- Outcome-based care is built into the program with the Behavioral Health Assessment, a multi-dimensional assessment tool that benchmarks progress and improvement.
- \$65 fee per visit.

## Teen Therapy Services

### Helping your employees help their children

MeMD's teen teletherapy program gives your employees access to the mental healthcare their children need. Teletherapists treat depression, anxiety, body image concerns, eating disorders, bullying, peer conflict, drug and alcohol use, self-harm behaviors and other common adolescent issues.

- National network of state-licensed, NCQA-credentialed mental health providers specializing in child and adolescent therapy.
- Parents can connect their children to a therapist in as few as 24 hours. This is critical for kids in need.
- Consults take place online or by phone, as children are often more comfortable with video vs. in-person visits.
- Available for children ages 10-17.\*\*

### How it works

- Parents log into their MeMD account to schedule a 50-minute session for their child.
- Using a computer or mobile device, members and their kids connect with a therapist. Parents always participate in the first visit.
- The therapist, parent, and patient jointly develop a treatment plan to address the child's specific needs with mutually agreed upon goals.
- If desired, children can speak with the same therapist throughout their treatment.
- \$65 fee per visit

## Contact your Aflac agent for more information.

Aflac has entered into a marketing alliance with MeMD whereby MeMD may provide up to one year of complimentary telehealth services from MeMD to individuals who are employees of accounts that choose to make MeMD available to them. Other than this marketing alliance, Aflac and MeMD are not affiliated in any way. Aflac makes no representations or warranties regarding MeMD's products or services, and is not responsible for any products or services provided by MeMD. If you have questions regarding MeMD's products or services, please contact MeMD by calling 855-636-3669 or emailing [solutions@memd.me](mailto:solutions@memd.me). The complimentary telehealth services provided by MeMD is not available to employees of Aflac accounts located in ID, MN or NY. Telehealth services are not available to residents of ID or MN. Additional state restrictions may apply and benefits may vary by state. Customers will be responsible for a visit fee at time of each telehealth visit.

\*When medically necessary, MeMD's providers (except therapists) can submit a prescription electronically for purchase and pick-up at your local participating pharmacy; however, MeMD providers cannot prescribe elective medications, narcotic pain relievers, or controlled substances. MeMD's providers are each licensed by the appropriate licensing board for the state in which they are providing services and all have prescriptive authority for each of the states in which they are licensed.

\*\* Age restrictions vary by state.

Aflac herein means American Family Life Assurance Company of Columbus. WWWHQ | 1932 Wynnton Road | Columbus, GA 31999.