

# Here for you: mental health coverage

During the toughest times, MESSA is here for you. Your MESSA health plan includes coverage for a variety of mental health services, whether it's through traditional in-person visits, through your smartphone or the web.

## Traditional office visits

MESSA provides comprehensive coverage for mental health and substance use services. Mental health visits are treated the same as doctor's office visits — your usual copayment, deductible and/or coinsurance applies.

## Teladoc Mental Health

MESSA provides coverage through the Teladoc Health app that helps you get the support you need using your smartphone, tablet or computer.

You can choose from a roster of licensed therapists, psychologists, social workers and counselors, and U.S. board-certified psychiatrists. Schedule an appointment between 7 a.m. and 9 p.m., any day of the week. Therapy is available for members 13 and older. Psychiatry is available for members 18 and older.

To get started, visit [messa.org/Teladoc](https://messa.org/Teladoc) or download the Teladoc Health mobile app and enter your MESSA plan information.

Just like traditional office visits, your copayment, deductible and/or coinsurance applies. Please note that online service does not provide therapy for substance use disorders. For that, you'll need a traditional, in-person visit.

## AbleTo

AbleTo offers another virtual option. Work with a licensed therapist, who will guide you through an 8-week program designed to fit your needs. AbleTo includes access to more than 2,000 licensed therapists nationwide. This is available for free to members and covered dependents who are 18 and older. To get started, go to [AbleTo.com/MESSA](https://AbleTo.com/MESSA).



**Have questions or need additional help? Call your local MESSA field representative, RaeAnn Loy at 800-292-4910.**

For questions about your benefits or to find an in-network provider, call 800-336-0013. You can also use MESSA's Find Care tool by visiting [messa.org/FindCare](https://messa.org/FindCare).

