

Behavioral health specialists are right at your fingertips

Online visits with psychologists, therapists and psychiatrists

If you're feeling stressed, worried or having a tough time, you can talk to a licensed psychologist or therapist through video using LiveHealth Online Psychology. There's also LiveHealth Online Psychiatry if you need to see a psychiatrist. It's easy to use, private and, in most cases, you can see a therapist within four days or less or a psychiatrist within two weeks.¹ All you have to do is sign up at livehealthonline.com or download the app to get started. The cost is \$0 for KEHP members.

Here's how to make your first appointment:

- Use the app or go to livehealthonline.com and log in.
- Select **LiveHealth Online Psychology** or **Psychiatry** and choose who you'd like to see.
- Or, call LiveHealth Online at **1-844-784-8409** from 7 a.m. to 11 p.m.
- You'll get an email confirming your appointment.

How can online counseling support me?

Through online visits with a psychiatrist, psychologist or therapist, you can get help for:

- Grief
- Stress
- Anxiety
- Depression
- Panic attacks
- Family or relationship issues
- Stress from coping with a sickness



How much does a visit cost?

As a KEHP member, visits are free of charge anytime of the day or night, even on holidays.

How do I decide which doctor or therapist to see?

After you log in at livehealthonline.com or with the app, select **LiveHealth Online Psychology** to look at the profiles of the psychologists and therapists available. Or go to **LiveHealth Online Psychiatry** to look for a psychiatrist. You can schedule an appointment online or by phone. At the end of the first visit, you can set up future visits if both of you feel it's needed.

What else do I need to know about?

- Visits usually last about 45 minutes.
- Psychologists and therapists using LiveHealth Online do not prescribe medicine.
- You must be at least 10 years old to see a therapist online and have your own LiveHealth Online account.
- Psychiatrists using LiveHealth Online can prescribe medicine if they feel it's needed and if local laws permit.
- You must be at least 18 years old to see a psychiatrist online and have your own LiveHealth Online account.

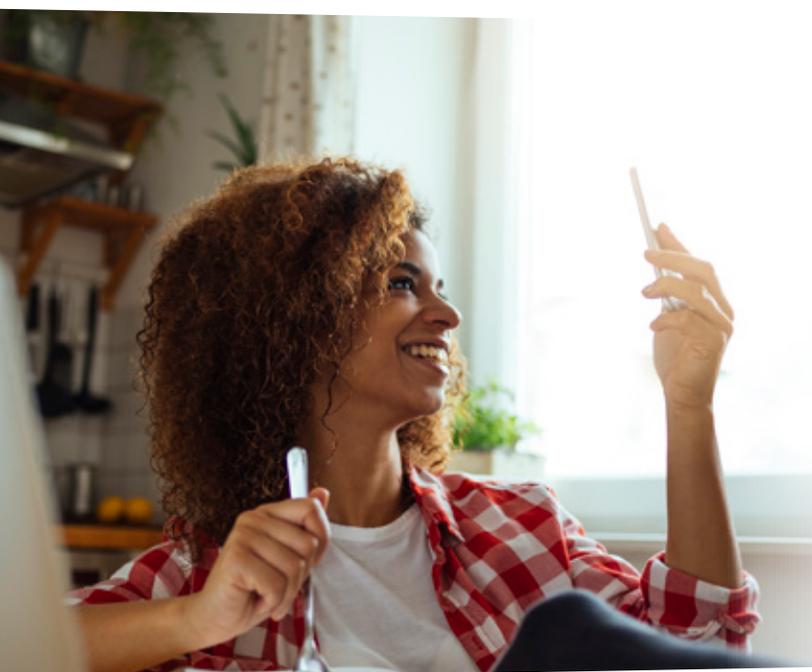
LiveHealth Online can help with common health issues

Under the weather? Doctors are waiting online

With LiveHealth Online, you've got a great care option when your own doctor isn't available for things like a cold, the flu and more. And it's more convenient than a trip to an urgent care center since you don't even have to leave home. All you need is your mobile device or a computer with a webcam.

With LiveHealth Online you get:

- 1. 24/7 access to doctors.** Board-certified doctors can assess your condition, provide treatment options and even send a prescription to the pharmacy of your choice, if needed.² It's a great way to get care when your doctor isn't available.
- 2. Care when you need it.** For things like the flu, a cold, sinus infection, allergies, pink eye, rashes, fever and more.
- 3. Convenience.** There are no appointments or long waits to see a doctor. In fact, most people are connected to a doctor in about 10 minutes or less. Plus, as a KEHP member your visits are \$0.



Be prepared for a video visit



To sign up for LiveHealth Online go to livehealthonline.com or download the app at the App Store® or Google Play.™



Go ahead and sign up for LiveHealth Online today.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

1. Appointments subject to availability of a doctor or therapist.

2. Prescription availability is defined by physician judgment and state regulations. LiveHealth Online is available in most states and is expected to expand in the near future. Please visit the map at livehealthonline.com for more details.

Language Access Services - (TTY/TDD: 711)

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We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

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