

## Taking the first step toward mental well-being can be hard.

Whatever your needs, schedule or comfort level, 98point6<sup>®</sup> meets you where you are.

A collaborative care team of board-certified physicians, licensed therapists and certified coaches will work with you to bridge the gap between physical and mental well-being—so you can feel wholly supported on the path to holistic health.

### Therapy helps with:

Anxiety | Depression | Grief or trauma

### Coaching supports:

Self-confidence | Sleep challenges | Stress management

# Behavioral health and primary care. Better together.

## Your care, your way



### TEXT-BASED PRIMARY CARE VISIT

- 1 Start a visit with a physician anytime, from anywhere.** The doctor will evaluate for behavioral health concerns in connection with any physical symptoms you may be experiencing.
- 2** If the physician believes a behavioral health coach or licensed therapist is the appropriate next step, you'll be directed via a link in the Care Plan to **schedule a private and secure video-based session at your convenience.**



### VIDEO-BASED BEHAVIORAL HEALTH VISIT

- 3** Show up for your scheduled appointment by joining the meeting link you received in your confirmation email. At the conclusion of your session, you'll receive a follow-up email with instructions for **scheduling future sessions.**
- 4** **Physicians and behavioral health specialists may collaborate on developing a custom, evidence-based plan** that addresses your whole self, body and mind. This can include medication management and programs that align with your needs and lifestyle.