



# 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.

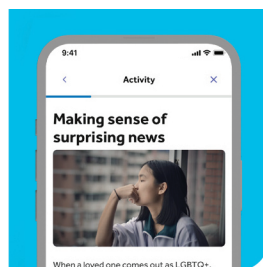
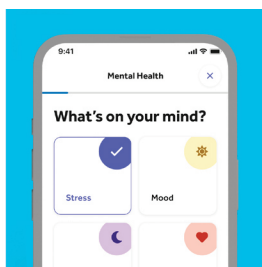
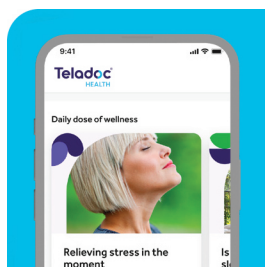
## **How is the content library personalized for me?**

One of the first things you'll do is complete a wellness assessment. Once that's complete, you'll get recommended activities and content based on your needs and goals. You'll continue to check in over time so that you get the resources 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.



## Explore your personalized library today



TeladocHealth.com