

Spectrum Health Now can help you—right where you're at.

Our lives are busier than ever balancing day-to-day work and family commitments. Talking with an expert can help you work through and manage stress, worries, anxieties or other matters on your mind.

Talk Therapy Virtual Visits

Talk therapy virtual visits are available for you and your dependents (18 and older). Appointments are available within 48 hours with a licensed therapist. You can choose to have your appointment at home or a location of your choice.

What to Expect

To schedule a video visit, call **844.322.7374 (option 3)** to set up a time that works best for you. You'll receive an appointment confirmation by email with instructions on how to start the visit through the Spectrum Health Now app. Once connected, you will be seen as if you were at an in-person session.

What We Treat

Video visits are for non-emergent behavioral health needs such as:

- ✓ Anxiety
- ✓ Depression
- ✓ Grief
- ✓ Sadness
- ✓ Stress

Note: Spectrum Health Now Behavioral Health is a covered benefit by your employer.



Download the App Today!
spectrumhealth.org/now

