



# Valera Health

## Comprehensive virtual therapy services

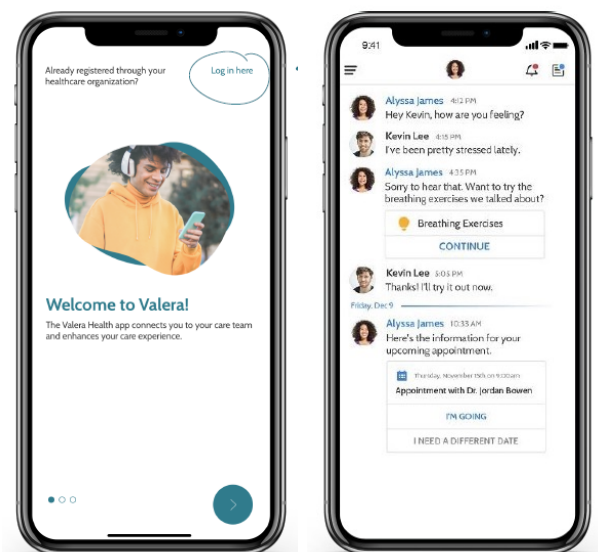
Valera Health offers virtual therapy and psychiatry services for all members in Massachusetts ages six and older.<sup>1</sup> From mild to severe behavioral health conditions, Valera Health's expert clinicians have a collaborative approach to addressing your mental health needs and overall well-being.

### Personalized care at your fingertips:

- **Telehealth Services:** Connect with licensed behavioral health providers at your convenience.
- **Dedicated Care Team:** You can access a therapist and psychiatrist, who will collaborate with your current healthcare provider to create a personalized plan for you. In addition, a health connector will assist you in coordinating your care and achieving your wellness goals throughout your treatment.
- **Comprehensive Support:** Valera Health clinicians can address mental health needs ranging from mild depression and moderate anxiety to serious mental illnesses. Services also include group therapy, medication management and more.
- **Convenient and Intuitive Mobile App:** Valera's mobile app allows you to seamlessly track progress, book appointments, access a library of therapeutic tools and exercises and communicate with your care team.

<sup>1</sup>Valera Health is located in Massachusetts and available to Tufts Health Plan commercial members (not including Tufts Health Direct). Member cost sharing may apply. Members should refer to their plan documents for specific details regarding their coverage and benefits.

- **24/7 Access To Therapeutic Digital Supports:** Access to digital therapeutic tools/exercises as well as the ability to schedule a clinic appointment or call/text a crisis hotline.
- **Special Services:** Designed for children ages 6+, teens, adolescents and adults, Valera Health Children Adolescents & Parents program focuses on common challenges including anxiety, depression, attention deficit hyperactivity disorder (ADHD) and more.
- **Inclusive Care Team:** Valera Health clinicians come from diverse backgrounds (i.e., 30% Black, Indigenous, People of Color (BIPOC) and 20% LGBTQIA+) providing a diverse and inclusive care environment.<sup>2</sup>



## How it works in three simple steps:

1. Schedule a consultation with a Valera Health Connector at [Valerahealth.com/THP](https://Valerahealth.com/THP) or call **646-450-7748**
2. Work with your Health Connector to find care perfectly fit for you
3. Connect to your care team and start your journey to wellness



For more information visit [Valerahealth.com/THP](https://Valerahealth.com/THP)

<sup>2</sup>Data provided by Valera Health.