

# Convenient Online Therapy

Did you know that one in four Americans is affected by emotional distress at some time in their life, but only one in eight seeks care?

Beginning July 1, 2017, you and your family members\* on the WEA Trust health plan can use Amwell telehealth to treat mental health issues. From chronic concerns such as depression and anxiety, to recent stress caused by events such as grief or divorce, Amwell online therapy gives you affordable and convenient therapy visits.

\*Amwell online therapy is appropriate for children ages 10 to 17

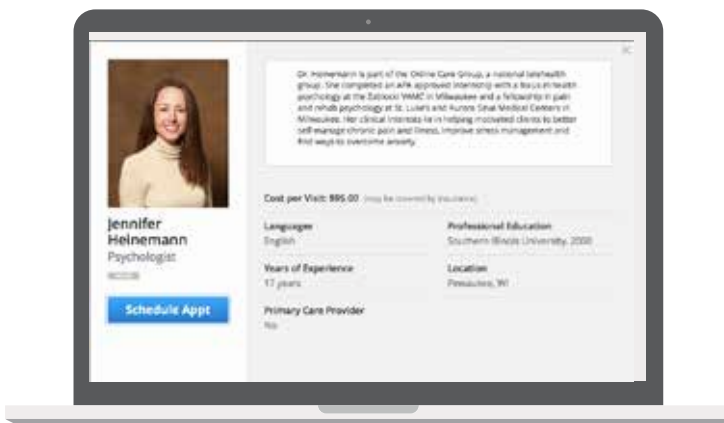
## AMWELL HELPS WITH:

- ▶ Attention deficit disorder
- ▶ Depression
- ▶ Panic attacks
- ▶ Insomnia
- ▶ Eating disorders
- ▶ Post-partum depression
- ▶ Anxiety
- ▶ Stress
- ▶ Post-Traumatic Stress Disorder

[SIGN UP @ WEAtrust.Amwell.com](http://WEAtrust.Amwell.com)

## WHAT IS AMWELL?

Amwell allows you to have on-demand video visits with experienced doctors on your smartphone, tablet or computer. Doctors on Amwell are available 24/7 and quickly treat urgent care issues like colds, infections, rashes and allergies.



## WHAT IS AMWELL ONLINE THERAPY?

With the addition of online therapy to the Amwell web and mobile app, you will be able to see a psychologist or counselor to address common behavioral health challenges—all from the privacy of your own home.

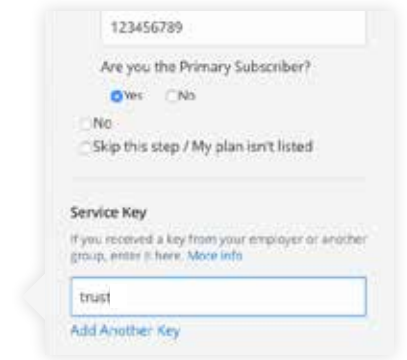
Therapy visits on Amwell are:

- ▶ 45-minute, video-based sessions on your smartphone, tablet or computer
- ▶ With a licensed and highly trained therapist or psychologist
- ▶ Available seven days a week, from 7am to 11pm
- ▶ Affordable, with copays as low as \$0
- ▶ An alternative option to in-person behavioral health visits

# Sign Up for Amwell Now!

You can see doctors on Amwell today to treat urgent care issues. Beginning July 1, you can also schedule therapy appointments on the Amwell app.

1. Go to [WEAtrust.Amwell.com](http://WEAtrust.Amwell.com) or download the Amwell app
2. Follow the prompts to sign up
3. You must enter "trust" as the Service Key to get WEA Trust cost savings



## Private



Amwell's extended availability and mobile technology means you can see a therapist from your own couch, on your own schedule.

## Timely



On average, you'll wait 5 weeks for a therapy appointment in Wisconsin. With Amwell, it only takes up to a week (typically 24 hours).

## Effective



Online, video-based therapy is as effective as in-person therapy, according to a recent study in The Journal of Affective Disorders.

## AMWELL SAVES MONEY

Amwell knocks down barriers to getting mental health care, helping you get the care you need—at a fraction of the cost.

	Provider Type	Cost of Visit	Copay*
Traditional Therapy Visit	Therapist	\$130	\$25
	Psychologist	\$155	\$25
Amwell Online Therapy Visit	Therapist	\$80	\$0
	Psychologist	\$95	\$0

\*Copays may vary by health plan. Members on Essential Qualified plans must first meet their deductible.