

## MEMBER FACT SHEET

# Your Fast Track to Better Mental Health

Receive personalized, goal-oriented teletherapy that empowers you to make positive life changes and feel better within 90 days.

## Comprehensive Care and Support

With aptihealth, you're quickly connected with an expert care team dedicated to your emotional health and wellness. You will be matched with a licensed therapist based on your needs and a prescriber if medication is recommended.

aptihealth provides comprehensive care and support for CDPHP members\* who are New York State residents and are 5 years and older with a clinical consultation within 48-hours and first therapy session within five days of clinical consultation.



### 1 Personalized Assessment and Care Plan

Your online assessment will help your care team understand your needs and create a plan to quickly achieve your goals.

### 2 Therapy and Medication Management

Weekly therapy and bi-weekly medication management from licensed providers—all online, when and where it's convenient for you.

### 3 Direct Messaging

For support between sessions, you can use our secure portal to communicate directly with your therapist.

### 4 24/7 Support

We offer 24/7 support through a dedicated helpline anywhere and anytime you need it.



Get started at [aptihealth.com/CDPHP](https://aptihealth.com/CDPHP)

# It's Easy to Use aptihealth

aptihealth uses secure video technology to connect you to care. All you need is a video-enabled computer, tablet, or smartphone. Attend your session by logging in at aptihealth.com or downloading our iOS app.



## Register Online

Create your account and confirm your insurance information.



## Receive Welcome Email

Click on the link to verify your email and get access to the aptihealth portal.



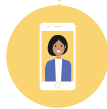
## Take Personalized Assessment

Complete the assessment so your therapist understands your needs and how they can best help you.



## Schedule Therapist Consultation

Attend a live video session to discuss the results of your assessment and be matched to your care team.



## Begin Care

Start your journey to better mental health!

*“aptihealth hasn’t just improved my life, it completely changed the way I’m able to interact in the world. aptihealth helped me be able to see the beauty in the world again.”*

**Hannah<sup>†</sup>**, aptihealth Member

