

Supporting Your Mental Health From Home

Receive mental health support from psychiatrists and therapists, quickly and easily, from the comfort and safety of your home.

Valera Health treats adults, adolescents, and children 12+ years of age who live in New York, Vermont, New Jersey, Massachusetts, and Washington.

- ▶ Address feelings of being depressed, anxious, or overwhelmed
- ▶ Manage stress related to your personal life, work, or relationships
- ▶ Receive prescriptions for psychiatric and other medications that support your mental health
- ▶ Learn more about managing and using your behavioral health medications, including how to build healthier habits

Representation and inclusivity are at the forefront of Valera Health's values

- ▶ 30% of Valera patients identify as a Person of Color (POC), and so do a third of our providers.
- ▶ 20% of our providers are part of the LGBTQIA+ community.
- ▶ 12+ languages are represented across Valera's provider team.

You will be able to chat and have video calls with any of the Valera Health providers, in a fully HIPAA-secure environment.

Get started by scheduling a free consultation at www.valerahealth.com. Once you talk with a Valera Health coach, you'll be connected to a provider within one week. *Cost-share may apply for these services. For additional questions about this benefit, please call CDPHP® at 1-888-320-9584.*



Visit www.valerahealth.com for your free consultation.

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc., CDPHP Universal Benefits, Inc., and Capital District Physicians' Healthcare Network, Inc. (collectively referred to as CDPHP®) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. CDPHP does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。