



Get the emotional health support you want and deserve





Discover Teladoc Health Mental Health, a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

Teladoc Health empowers you with:



A personalized plan.

Answer a series of questions and Teladoc Health will create a plan designed just for you.



Teletherapy your way.

Connect with a licensed therapist of your choice by appointment 7 days a week from the comfort of home.



Recommended digital content and resources.

Explore self-guided activities and tools based on your goals and needs.

Teladoc Health® takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA.

Please see our Notice of Privacy Practices for more information on how Teladoc Health uses your health information.



Get started

You can join by visiting **TeladocHealth.com/Comfort/CHSLI** or call **800-835-2362** and use registration code: **CHSLI**

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone, tablet or smartwatch.

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español. Ilame al 800-835-2362 o visite TeladocHealth.com/Comfort/CHSLI