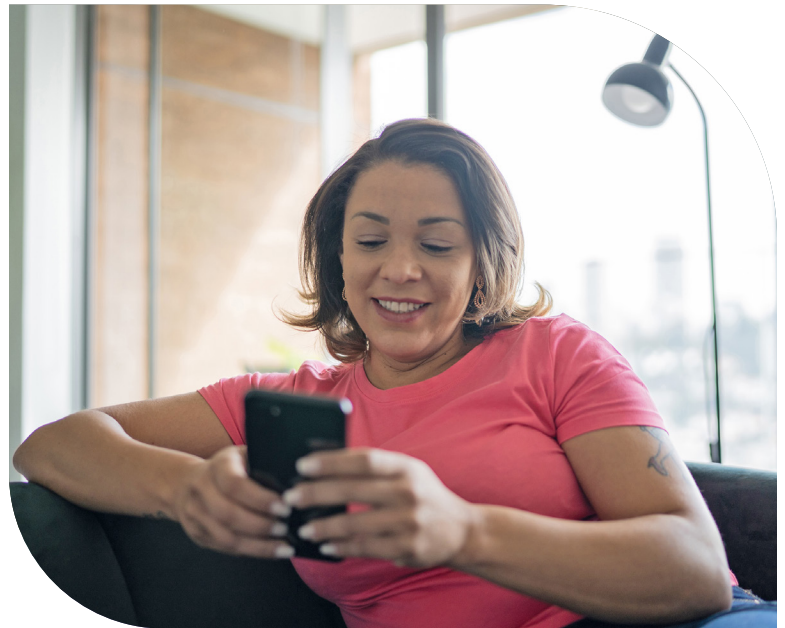


# Get the self-guided emotional health support you want and deserve

At no extra cost to you



Discover Teladoc Health Mental Health, a flexible and convenient self-guided 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.



### Recommended digital content and resources

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



### In-the-moment tools

Learn calming techniques, shift your thinking, get inspired and feel more hopeful.

Teladoc Health<sup>®</sup> 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

Join now by visiting [TeladocHealth.com/start/mental-health-digital](https://TeladocHealth.com/start/mental-health-digital) and use the code **WAPEBB** to register.

Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association. Teladoc Health is a separate company that provides care and disease management services. Participants must be 13 or older and covered by a Regence health plan.

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, llame al 800-835-2365 o visite [TeladocHealth.com/Peace](https://TeladocHealth.com/Peace) ©Teladoc Health, Inc. All rights reserved. Teladoc Health marks and logos are owned by Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.