

MENTAL HEALTH FOR TEENS

Support provided by Teladoc Health®

 **BlueCross
BlueShield**
Federal Employee Program.

fepblue.org

Supporting happy and healthy teens

Mental health services from Teladoc Health connect your child with a licensed mental health specialist who can offer ongoing support wherever they're most comfortable. Appointments are available seven days a week, from 7 a.m. to 9 p.m. local time, and must be scheduled at least 72 hours in advance. Teens can get support for issues like:



School stress



Family
challenges



Cyberbullying



Eating
disorders



Depression

Mental health services through Teladoc Health are more than remote care. They offer benefits that make it easy to help your child stay on track, including:



**Confidential treatment with
parental supervision**



Flexible scheduling



**Being able to speak with a specialist
from home**



**Quick access to the provider
you feel is best**



Who can get care

Teens aged 13 to 17 can participate once their parent signs a consent form. Your child must be on your Blue Cross and Blue Shield Service Benefit Plan contract. Mental health services are available in all 50 states and Washington, D.C.



Starting in 2025, we will cover all of your telehealth visits from Teladoc Health at no out-of-pocket cost to you.



How to schedule a visit

- 1 Set up a Teladoc Health account at fepblue.org/telehealth or with the **Teladoc Health app**, available for free on the App Store® or Google Play™. Then, add your teen as a dependent.
- 2 Download and print the consent and intake forms. The completed forms must be uploaded before you schedule an appointment.
- 3 Select a specialist for your teen.
- 4 Request a time for the appointment and receive confirmation. Please note that a parent or guardian must attend the beginning and end of each appointment.



Need help or have questions? Call Teladoc Health at **1-855-636-1579**.

@fepblue



fepblue.org

Teladoc Health is an independent company that provides telehealth services on behalf of the Blue Cross and Blue Shield Service Benefit Plan.

Apple, the Apple logo, iPad and iPhone are registered trademarks of Apple Inc.

Google Play and the Google Play logo are trademarks of Google LLC.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard™ and FEP Blue Basic™: RI 71-005; FEP Blue Focus®: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures.

The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and Blue Shield companies.

The Blue Cross® and Blue Shield® words and symbols, Federal Employee Program® and FEP® are all trademarks owned by Blue Cross Blue Shield Association.



FEPTLAD2025