



Trusted Therapists. Personalized Progress. Optimized Outcomes.

DialCare Therapy

DialCare Therapy is designed to provide a safe, secure and private means of seeking care from licensed mental health professionals through secure phone or video visits.



Comprehensive

Supports a wide range of mental health needs, from depression and anxiety to grief, relationship problems and more.



Personalized

Licensed mental health professionals deliver tailored support through scheduled phone or video sessions.



Convenient

Flexible, app-based scheduling with 30-minute sessions available seven days a week, from 7 a.m. to 10 p.m.

KEY FEATURES INCLUDE:

- **Virtual Therapy Sessions**
Members virtually connect with licensed mental health professionals.
- **Intuitive Platform**
DialCare's app enables simple scheduling and virtual session management.
- **Conditions Treated**
Depression, stress, anxiety, grief, eating disorders, addiction, relationship problems and more.
- **Consistent Follow-Ups**
Members schedule follow-up sessions with the same therapist, supporting ongoing progress.



Sessions are available by video-only in Colorado and North Carolina. Sessions are available by either video or phone in the remaining 48 states and the District of Columbia. Please visit dialcare.com/states for up-to-date information. Therapy is a part of the DialCare Mental Wellness program. THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.