



# Feel like yourself again with therapy by phone or video.

Talk to a HealthiestYou therapist from wherever you're most comfortable as part of your All Savers® Alternate Funding benefits.



### Flexible

Choose a licensed therapist who best fits your needs.



### Convenient

Schedule and have a visit 7 days a week\* by phone or video.



### No cost to you

All HealthiestYou sessions are included.



## Download the app for a confidential therapy visit.

HealthiestYou.com | 866-703-1259



\*Available 7 a.m. to 9 p.m. in your local time zone. HealthiestYou Behavioral Health is available to members ages 18 and older.

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