

# Behavioral health specialists are right at your fingertips

Online visits with psychologists and therapists



If you're feeling stressed, worried or having a tough time, you can talk to a licensed psychologist or therapist through video using LiveHealth Online Psychology.

LiveHealth Online is easy-to-use, private and, in most cases, you can see a therapist within four days or less.<sup>1</sup> All you have to do is sign up at [livehealthonline.com](https://livehealthonline.com) or download the app to get started. Please see the table below for each plan's cost.

## Here's how to make your first appointment:

- Use the app or go to [livehealthonline.com](https://livehealthonline.com) and log in.
- Select **LiveHealth Online Psychology** and choose the therapist you'd like to see.
- Or call LiveHealth Online at **1-888-548-3432** from 7 a.m. to 11 p.m.
- You'll get an email confirming your appointment.

Plan name	Cost
BlueChoice HMO	100%
Comprehensive Care	\$20
Consumer Choice HSA	\$80-\$95 until you meet your deductible

## Be prepared for a video visit

To sign up for LiveHealth Online go to [livehealthonline.com](https://livehealthonline.com) or download the app at the App Store® or Google Play™.



BlueCross BlueShield  
of Georgia

LiveHealth  
ONLINE

University System of Georgia Benefits  
  
we provide • you decide



### How can online counseling support me?

Through online visits with a psychologist or therapist, you can get help for:

- Grief
- Stress
- Anxiety
- Depression
- Panic attacks
- Family or relationship issues
- Stress from coping with a sickness

### How do I decide which therapist to see?

You always get to choose the therapist you'd like to see. After you log in at [livehealthonline.com](https://livehealthonline.com) or with the app, select **LiveHealth Online Psychology**. Next, you'll be able to read the therapists' profiles. Once you select the one you'd like to visit, schedule an appointment online or by phone. At the end of the first visit, you can set up future visits with the same therapist if both of you feel it's needed.

### What else do I need to know about LiveHealth Online Psychology?

- Visits usually last about 45 minutes.
- Psychologists and therapists using LiveHealth Online do not prescribe medicine.
- You must be at least 10 years old to see a therapist online and have your own LiveHealth Online account.

**Go ahead and sign up for LiveHealth Online today.**

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

1. Appointments subject to availability of a therapist.

2. Prescription availability is defined by physician judgment.

Language Access Services - (TTY/TDD: 711)

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