



# Let's talk about it

## Some life events can become heavy burdens. Now it's easier than ever to get help.

The normal challenges of life can turn into heavy burdens. Mental health conditions can also make it harder for you to manage other health problems.<sup>1</sup> Now it's easier than ever to get help from the comfort of your own home.

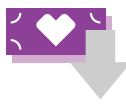
Your Aetna Medicare plan includes a fast, affordable, and convenient way to speak with a licensed therapist or board-certified psychiatrist whenever you or your covered family members need care.

### MDLIVE® mental health professionals can help you get back to being you



#### Fast

First appointment wait time on average is 3 to 7 days



#### Affordable

\$0 copay with no visit limit



#### Convenient

Have your visit by phone or video chat, anywhere you choose



### MDLIVE providers include therapists and psychiatrists.

They are specially trained in issues that are common with senior adults like:

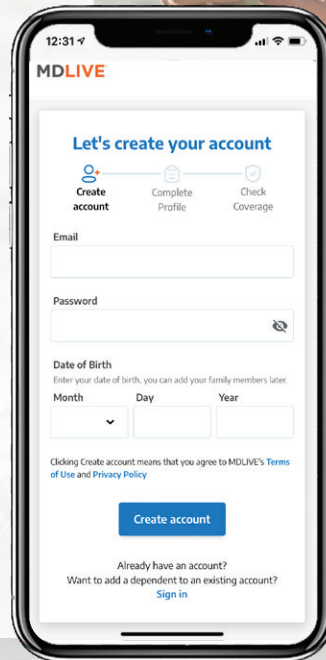
- Addictions
- Anxiety
- Bipolar disorder
- Depression
- Grief & loss
- Life changes
- Loneliness
- Panic disorders
- Relationship issues
- Stress management
- Trauma & post-traumatic-stress-disorder (PTSD)
- And more

# Here's how it works

**1 Visit MDLIVE.com/AetnaMedicarebh** or download the MDLIVE app to your smartphone. Follow the prompts to create your account.

**2 Choose a provider in your state.** MDLIVE has a large network of board-certified psychiatrists and licensed therapists. You can choose to see the same provider each time or choose to see someone else. Psychiatrists can even write and send prescriptions to your drug store.

**3 Choose an appointment time that works for you.** First appointments can be scheduled, on average, in 7 days or less, including nights and weekends.



**Visit MDLIVE.com/AetnaMedicarebh to get started.**

**Or call 1-888-865-0729 (TTY: 1-800-770-5531) to learn more.**

**Our MDLIVE Call Center is available 24 hours/day, 7 days/week and 365 days/year.**



**If you or a loved one needs immediate help, the National Suicide Prevention Lifeline provides 24/7, free and confidential support, prevention, and crisis resources for people in distress. Call 1-800-273-8255.**

<sup>1</sup>National Library of Medicine. Older Adult Mental Health. Available at: <https://medlineplus.gov/olderadultmentalhealth.html>. Accessed January 14, 2022.

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. The formulary, provider and/or pharmacy network may change at any time. You will receive notice when necessary.