



# Say goodbye to the waiting room

## Meet with a counselor on your terms

Have you ever felt that you could use some help getting through an issue? Perhaps you need to be more assertive in your life, you recently went through a traumatic experience, or your relationships have all been rocky lately. You know you should do something about it, but you haven't taken the first step to get there. Whether you don't have enough time, can't get away from work, have responsibilities at home, or just aren't comfortable going to a counselor, something's getting in the way.

### There's a solution: Telehealth

Many counselors now offer Telehealth, a convenient and confidential service that allows you to meet using video teleconference. All you need is a smartphone or a computer with a webcam and high-speed internet access. Telehealth counseling sessions count toward your program's session limit.\*

### Why Telehealth?

- ☑ **Privacy**—You can meet with a counselor in the privacy of your own home, car or office for a real-time, two-way conversation. You don't have to worry about coworkers wondering where you are going or someone seeing you go into an office.
- ☑ **Convenience and cost-savings**—Because you don't have to drive to an office, you'll be able to put the time and money you would have spent commuting toward other things.
- ☑ **Faster access to mental health services**—Counselors who provide Telehealth accessibility are typically available for appointments much sooner than conventional counselors, who often have long waiting lists.
- ☑ **Flexible appointment times**—Many times, counselors are available evenings and on weekends, enabling you to arrange an appointment at a time that works for your schedule, without taking time off work.

### Ready to get started?

1. Visit [MagellanAscend.com](https://MagellanAscend.com).
2. If prompted, Register.
3. Click on *Find Care*. On the Location tab, under *Choose a Provider List*, select *Telehealth EAP*.
4. Enter your zip code and select your distance.
5. Complete the online EAP referral form located next to Provider listing and call the provider to schedule an appointment.

*Making the time to take care of your needs just got a lot easier. Take advantage of Telehealth and make an appointment today!*

**Employee Assistance Program**  
**1-800-424-4039**

\*Your program's session limit includes counseling sessions in three different settings: by video teleconference (if offered), over the phone, or in person.