



**CVS Health/Aetna
Mental Well-Being Access**

Access mental well-being services from anywhere



With telehealth and virtual mental well-being programs, you have another way to get the help you need from providers that are part of your network. And whatever you're facing, you have the same support for counseling or medications for mental health concerns. You can see them where and when it's convenient — you choose. One telehealth/virtual session will cost the same as an in-person office visit.

Plan coverage terms may vary. Not all benefit plans cover these services. Prior to receiving services, confirm telehealth eligibility by checking your member website for plan details or calling the number on your ID card.

Depression, anxiety or those struggling with mental well-being concerns

Ages	Provider	Contact	Availability
5+	Array at Home	1-800-442-8938 https://ArrayBC.com/	Nationwide
5+	Telemetrynd	1-866-991-2103 https://Telemetrynd.com/aetna-referral-form	Nationwide
5+	Alma Health	HelloAlma.com/aetna	Nationwide
18+	CVS® MinuteClinic®	1-855-417-2486 https://CVS.com/mental health	CVS® MinuteClinic® markets
18+	Brightside	1-415-360-3348 https://Brightside.com/	Nationwide
18+	AbleTo	1-844-330-3648 Monday — Friday: 9 AM to 8 PM ET https://Member.AbleTo.com/Aetna/	Nationwide
18+	Meru Health	https://MeruHealth.com/sign-up/Aetna/	Nationwide

Specialty treatment for children and adolescents

Ages	Provider	Contact	Availability
6+	Valera Health	https://ValeraHealth.com/	AZ, CT, MA, NJ, NY, OR, WA
6-24	Equip Health	1-855-387-4378 https://Equip.Health	Nationwide
12-24 18+	Vita Health	1-844-866-8336 (1-844-866-TEEN) https://VitaHealth.Care	AZ, CA, CO, CT, FL, IL, MA, MD, MO, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA, WV
12-28	Charlie Health	https://CharlieHealth.com/	AZ, CA, CO, DE, FL, ID, IL, MD, MT, NJ, OH, OR, PA, TX, UT, WA, WY

Struggling with suicide

Ages	Provider	Contact	Availability
12-24 18+	Vita Health	1-844-866-8336 (1-844-866-TEEN) https://VitaHealth.Care	AL, AZ, CA, CO, CT, DC, FL, ID, IL, LA, MA, ME, MO, MS, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA, WV

Substance and alcohol use concerns

Ages	Provider	Contact	Availability
18+	Eleanor Health	1-866-972-0771 https://EleanorHealth.com/	LA, MA, NC, NJ, OH, WA
18+	Workit Health	1-877-777-2671 https://www.workithealth.com/insurance/aetna/	Coaching: Nationwide Clinical support: AK, AZ, CA, CO, FL, GA, IL, IN, KY, MI, MN, NC, NJ, NY, OH, OR, PA, TX, VA, WA, WI

Chronic medical conditions and mental health

Ages	Provider	Contact	Availability
18+	AbleTo	1-844-330-3648 Monday — Friday: 9 AM to 8 PM ET https://Member.AbleTo.com/Aetna/	Nationwide

Serious mental health conditions

Ages	Provider	Contact	Availability
6+	Valera Health	https://ValeraHealth.com/	AZ, CT, MA, NJ, NY, OR, WA
12-28	Charlie Health	https://CharlieHealth.com/	AZ, CA, CO, DE, FL, ID, IL, MD, MT, NJ, OH, OR, PA, TX, UT, WA, WY

Eating disorders

Ages	Provider	Contact	Availability
6-24	Equip Health	1-855-387-4378 https://Equip.Health	Nationwide

Obsessive-compulsive disorder

Ages	Provider	Contact	Availability
All	NOCD	https://TreatMyOCD.com	Nationwide