

Talk Therapy Video Visits

Meet with a therapist
online and start
improving your life.



Presbyterian Health Plan, Inc.
Presbyterian Insurance Company, Inc.

Confidential. Convenient. Affordable.

PHP Talk Therapy Video Visits are an easy and trusted way for Presbyterian Medicare Advantage plan members to request a talk therapy session with a licensed therapist – no referral needed.

Use PHP Talk Therapy Video Visits when:

You don't want to wait weeks.

Our therapy sessions can be scheduled in as little as 24 hours, at a time that works for you.

You prefer your own couch.

Have your session from the comfort of your own home or office and avoid the commute.

You're worried about stigma.

No one has to know you're seeking support. Sessions are conducted privately and securely.

Cost or insurance is a concern.

Talk therapy can be more cost-effective than traditional therapy, with zero cost for members.

It is easy to get started with talk therapy.

- 1 To begin, go to **www.phs.org**.
Under **Access Patient Care**, select **Get Care**.
- 2 Select the **Behavioral Health** tile under **Get Care Later**.
- 3 Scroll down the page and select **PHP Talk Therapy Video Visits** and click the **Get Started** button.
- 4 Complete the sign-up information and schedule your talk therapy visit.



*Empathetic. Caring. Affordable.
Thorough. A GREAT medical
experience which is not easy to
say these days.*

- Shannon, Patient



We can help with:



Marriage and family



Depression



Anxiety



Trauma and loss



Life transitions

Therapists do not prescribe medication but instead provide talk therapy to pinpoint your needs, establish a treatment plan and measure your progress.

Included in Medicare Advantage are Presbyterian Senior Care (HMO)/(HMO-POS), Presbyterian MediCare PPO and Presbyterian UltraFlex (HMO-POS) members.

Presbyterian complies with civil rights laws and does not discriminate on the basis of protected status including but not limited to race, color, national origin, age, disability, or sexual orientation or gender expression. If you need language assistance, services are available at no cost. Call (505) 923-5420, 1-855-592-7737 (TTY: 711).

ATENCIÓN: Si usted prefiere hablar en español, están a su disposición servicios gratuitos de ayuda lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éí ná hóló, koji' hódíłnih (505) 923-5420, 1-855-592-7737 (TTY: 711).

For more information, visit <https://www.phs.org/pages/nondiscrimination.aspx>.