

Your Fast Track to Better Mental Health



Receive *personalized, goal-oriented teletherapy* that empowers you to make positive life changes and feel better within 90 days.

Comprehensive Care and Support

aptihealth and CDPHP® have partnered to quickly connect you with an expert care team dedicated to your emotional health and wellness. We will match you with a licensed therapist based on your needs and a prescriber if medication is recommended. aptihealth provides comprehensive care and support to CDPHP members* 18 years and older:



Online Assessment

Your assessment will help your therapist better understand your needs and how they can help you.



Personalized Care Plan

Created by you and your therapist, your care plan helps you stay on track to quickly achieve your goals.



Therapy

Weekly online video sessions with your therapist where and when it's convenient for you.



Medication Management

If recommended, a prescriber is added to your care team and you meet every two weeks via video session.



Direct Messaging

You can use our secure platform to communicate directly with your therapist between sessions.



24/7 Support

A dedicated helpline gives you access to 24/7 support whenever you need it.

Get started at aptihealth.com/CDPHP



“My psychologist and I made a plan and stuck to that plan to help me stay on track to achieve my goals. aptihealth truly helped me feel more empowered. I feel like my old self again.”

Hannah*, aptihealth Member

**Name has been changed to protect privacy.*

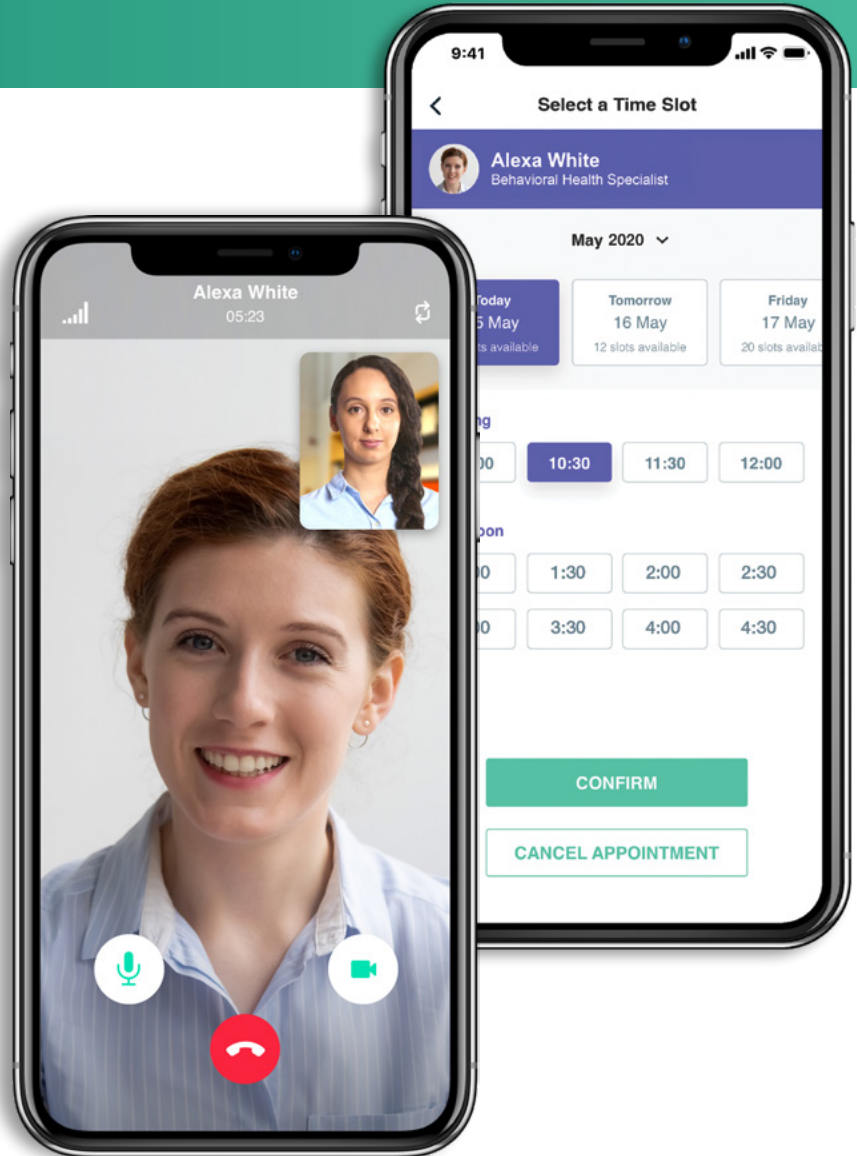
It's easy to use aptihealth

aptihealth uses secure video technology to connect you to care. Just before your appointment, log into the aptihealth mobile app or to aptihealth.com from your video-enabled computer, tablet or smartphone. Our web platform works best on Chrome, Firefox or Safari. It's easy to use aptihealth for:

- ✓ Personalized assessment
- ✓ Scheduling appointments
- ✓ Online video therapy sessions
- ✓ Direct messaging with your therapist
- ✓ 24/7 support, anytime, anywhere, we're here for you



Scan this code with your phone's camera to download the app.



**Some employers who self-insure may not have this benefit. If you are unsure if your plan includes this benefit, please contact CDPHP member services.*

Feel better faster with aptihealth. Get started today: aptihealth.com/CDPHP



aptihealth.com