

Find what works for your behavioral health

Aetna Behavioral Health programs and services



Everyone is different. What works for one person's behavioral health might not work for you. That's why MaineHealth and your Aetna® medical plan offer a variety of behavioral health support options for you and your covered family members.

You can choose the type of behavioral health professional to work with, including psychiatrists, psychologists, counselors, social workers and family therapists. And you can choose to connect in person or by phone, video or app.



To find providers in the Aetna network, log in to your Aetna member website at [Aetna.com](https://www.aetna.com) and click **Find Care & Pricing**. Or use the Aetna HealthSM app.

For self-help tools, log in at [Aetna.com](https://www.aetna.com) and select **Mental Health Support & Services**.



Behavioral health support programs

The following programs are some of the behavioral health resources available to you. Whether you're dealing with everyday stress, depression, substance misuse, relationship issues or something else, help is available.

If you're experiencing a behavioral health emergency, **call 911 immediately**. Or call or text the Suicide & Crisis Lifeline at **988** for no-cost, confidential support 24/7 if you or a loved one is in crisis.



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

Provider	Description	Availability and contact	Coverage
Array Behavioral Care (age 5+)	One of the largest virtual psychiatry and therapy practices, Array Behavioral Care supports a variety of mental health conditions. These include anxiety, depression, relationship issues, mood disorders, and grief and loss. Services include a mental health assessment, virtual therapy and medication management. Book your appointment right on their website.	Available nationwide ArrayBC.com 1-800-442-8938	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage.
Telemetrynd (age 5+)	A comprehensive mental health solution that matches you with a behavioral health specialist uniquely qualified to support you. Access a range of mental health services, from talk therapy to medication management and more. And discover the care that's right for you, whether that's occasional support or more targeted, intensive care.	Available nationwide Telemetrynd.com/aetna-referral-form 1-866-991-2103	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage
Alma Health (age 5+)	Connects you with clinicians who provide therapy for individuals, couples, families, children and adolescents, along with medication management. Therapists at Alma are specialized to help with all types of concerns, such as anxiety, trauma, relationships, addiction and more. You'll begin with a consultation to help determine if a therapist is a good fit for ongoing care.	Available nationwide HelloAlma.com/Aetna	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage
MinuteClinic® (age 18+)	MinuteClinic offers mental health counseling to support your well-being. Licensed therapists are ready to listen in person or virtually. During your initial assessment, your therapist will assess your current situation and explore potential options for reducing your distress. Counseling through MinuteClinic features: <ul style="list-style-type: none"> • Therapy to help you cope with anxiety, depression, life adjustments or stress • A qualified, licensed therapist you can meet with regularly • Appointments available days, evenings and weekends • The choice of meeting in person or virtually • Private consultation rooms for in-person sessions • If requested, collaboration with other providers or your health care team 	Available nationwide CVS.com/mentalhealth 1-855-417-2486 (TTY : 711)	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage
Meru Health (age 18+)	Offers a 12-week virtual therapy program to help with stress and related anxiety and depression. Includes virtual therapy sessions, in-app messaging with your therapist, and lessons and exercises. Also includes a biofeedback device to track and improve your physical response to stress.	Available nationwide MeruHealth.com/sign-up/Aetna	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage

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

Provider	Description	Availability and contact	Coverage
Talkspace (age 13+ for therapy; age 18+ for medical management)	This online therapy platform lets you connect with a licensed therapist via phone, video, text or live chat. You can send secure text messages to your dedicated counselor, who will respond within one working day, up to five days a week. One week of text messaging counts as one no-cost counseling session. Or you can schedule a time to meet for a 30-minute virtual session. Each virtual session counts as one no-cost counseling session.	Available nationwide ResourcesForLiving.com Log in using MaineHealth as both the username and password. 1-833-657-2104 (TTY: 711)	Talkspace is part of the MaineHealth Resources For Living program. MaineHealth employees and household members each get 12 no-cost sessions per issue, per year. If you choose to continue using Talkspace for an ongoing issue beyond the 12 no-cost sessions, MaineHealth health plan members have this coverage: <ul style="list-style-type: none"> • Healthy Select plan: \$15 copay per visit • Healthy Saver plan: 90% after deductible (\$1,650 employee only or \$3,300 employee plus dependent coverage)
Brightside (age 18+)	Provides virtual psychiatry and therapy support. Begin with an online assessment and get matched with a psychiatric provider or licensed therapist. Available nationally to treat a variety of conditions, from anxiety and depression to OCD and PTSD. Also includes medication management.	Available nationwide Brightside.com 415-360-3348	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage

Specialty treatment programs for children and adolescents

Provider	Description	Availability and contact	Coverage
Brightline Virtual Pediatrics (up to age 17)	<p>Offers behavioral health care for children, teens (up to age 17) and their families across a range of common challenges. Access self-guided content, coaches and virtual care to address everything from sleep hygiene and disruptive behaviors to more acute needs, such as clinical anxiety or ADHD. Brightside services include:</p> <p>Brightline Connect+</p> <ul style="list-style-type: none"> • Digital platform with interactive assessments, exercises, videos and articles • Community connections • Coach chat for support and recommendations <p>Brightline Coaching</p> <ul style="list-style-type: none"> • Virtual skill-building programs for parents and families • Virtual coaching: parent facing, child facing or for the entire family <p>Brightline Care</p> <ul style="list-style-type: none"> • Virtual visits with licensed therapists for acute clinical needs, such as anxiety, depression, ADHD or disruptive behaviors • Includes behavioral therapy and medication management 	<p>Available nationwide</p> <p>HelloBrightline.com/aetna</p> <p>1-888-224-7332</p>	<p>Healthy Select plan: \$15 copay per visit</p> <p>Healthy Saver plan: Deductible must be met before 90% coverage</p>
Valera Health (age 6+)	<p>Telephone, video and chat therapy support and medication management for children in treatment for mild to severe mental illness. Parents can also receive support via parenting groups and ongoing parent sessions.</p>	<p>Available in AZ, CT, MA, NJ, NY, OR, WA</p> <p>ValeraHealth.com</p>	<p>Healthy Select plan: \$15 copay per visit</p> <p>Healthy Saver plan: Deductible must be met before 90% coverage</p>
Vita Health (age 12+)	<p>Offers suicide care and virtual therapy services for various behavioral health concerns. Get one-on-one guidance and support from licensed clinicians. Also includes online parent and family support, peer support, and a helpful app.</p>	<p>Available in AZ, CA, CO, CT, DC, FL, IL, LA, MA, ME, MO, MS, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA</p> <p>VitaHealth.care</p> <p>(1-844-866-TEEN)</p> <p>1-844-866-8336</p>	<p>Healthy Select plan: \$15 copay per visit</p> <p>Healthy Saver plan: Deductible must be met before 90% coverage</p>
Vita Health Youth-Nominated Support Team (YST) Service (ages 12–18)	<p>Psycho-educational coaching provided by clinical specialists to adults selected by adolescents to serve as their mentors.</p>	<p>Available nationwide</p> <p>VitaHealth.care</p> <p>(1-844-866-TEEN)</p> <p>1-844-866-8336</p>	<p>Healthy Select plan: \$15 copay per visit</p> <p>Healthy Saver plan: Deductible must be met before 90% coverage</p>

Specialty treatment programs for children and adolescents

Provider	Description	Availability and contact	Coverage
Charlie Health (ages 18–28)	Personalized virtual and in-person intensive therapy for teens and young adults with severe mental health issues and substance abuse disorders, along with family support.	Available in AZ, CA, CO, DE, FL, ID, IL, MD, MT, NJ, OH, OR, PA, TX, UT, WA, WY CharlieHealth.com	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage

Substance abuse and alcohol concerns

Provider	Description	Availability and contact	Coverage
Eleanor Health (age 18+)	Delivers comprehensive mental health and substance use disorder care in clinics, homes and virtually. Their Mental Health Medical Home program offers convenient support and medication-assisted treatment along with helping members navigate any physical health conditions.	Available in FL, LA, MA, NC, NJ, OH, TX, WA EleanorHealth.com 1-866-972-0771	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage
Workit Health (age 18+)	Virtual treatment program that offers personalized, convenient therapy, coaching, medication-assisted treatment, digital learning and peer support. Workit specializes in opioid and alcohol use disorders.	Available in FL, MI, NJ, OH, TX WorkitHealth.com/insurance/aetna 1-877-777-2671	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage

Chronic medical conditions and mental health

Provider	Description	Availability and contact	Coverage
AbleTo (age 18+)	Meet one-on-one with a coach, licensed therapist or both. They'll guide you through a personalized eight-week program proven to reduce depression, stress and anxiety. This confidential program offers these options: <ul style="list-style-type: none"> • AbleTo 360: Eight weeks of virtual therapy, coaching and mental health tools for those with chronic medical condition(s) plus mental health struggles, such as anxiety and depression • Digital+: coaching that usually takes eight weeks to complete • Therapy+: best for those with mild anxiety, depression or social anxiety 	Available nationwide AbleTo.com/Aetna 1-844-330-3648 Mon–Fri: 9 AM–8 PM ET	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage

Eating disorders

Provider	Description	Availability and contact	Coverage
Equip Health (ages 6–24)	Virtual treatment for anorexia, bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID) and atypical eating disorders. Equip treats all diagnoses, helping people achieve full health and recovery.	Available nationwide Equip.Health 1-855-387-4378	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage

Obsessive-compulsive disorder

Provider	Description	Availability and contact	Coverage
NOCD (all ages)	Virtual therapy sessions with licensed therapists who specialize in OCD, along with 24/7 support between sessions from self-help tools and peer communities.	Available nationwide TreatMyOCD.com	Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage