



Support for Your Mental Health Anywhere

See a licensed psychologist or psychiatrist face-to-face through live video on your smartphone, 7 days a week. Find the emotional support and guidance you are looking for, built around your schedule.

Download and Register Today

HealthSelect plans now cover mental health virtual visits. Mental health virtual visits with a licensed psychologist or psychiatrist, are the same cost as your in-network mental health office visit benefit.

HealthSelectSM of Texas and HealthSelect Out-of-State: \$25 copay

HealthSelect Secondary: 70% coinsurance, after the annual deductible is met.

Consumer Directed HealthSelectSM: 80% coinsurance, after the annual deductible is met



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