TELEMENTAL HEALTH

Telemental Health is offered as a part of all our medical plans. It is a convenient option that allows you to video conference with a licensed health provider—including psychiatrists, psychologists, and counselors—who can provide both therapy and medication management (when appropriate). Conditions commonly treated through Telemental Health include Depression, Anxiety, Bipolar disorder and Substance abuse.

Visits are covered at the same cost as in-network in-person mental health visits. Individuals enrolled in the PHP or HMO will pay the specialist copay. Individuals enrolled in the CDHP or J-1 Visa Plan will pay the coinsurance after the annual deductible is met.

To schedule an appointment for this service with Aetna (referred to as Televideo), call their in-network provider Inpathy at (800) 442-8938. If you reside outside of NJ, NY, or PA, call Aetna at (800) 535-6689 or go to www.aetna.com/dse/princeton. To schedule an appointment for this service with UnitedHealthcare, go to www.myuhc.com and click on Mental Health and LiveandWorkWell.com.

You can count on support from knowledgeable and responsive HR staff when you have a benefits question or problem. Just call or e-mail us. We’re here to help!