

Confidential, convenient online therapy.

With MDLIVE®, you can visit with a counselor or psychiatrist 24/7 from your home, office or on the go.



Welcome to MDLIVE Behavioral Health!

Managing stress or life changes can be overwhelming but it's easier than ever to get help right in the comfort of your own home. Visit a counselor or psychiatrist by phone or secure video. Register and access care through the Optima Health Mobile App.



Talk to a licensed counselor or psychiatrist from your home, office, or on the go!



Affordable, confidential online therapy for a variety of counseling needs.

What is the cost?

Virtual appointments cost the same as, or less than, primary care physician visits. Please refer to your benefit documents for details.

Your doctor will send prescriptions (if medically necessary) to your nearest pharmacy.

We can help you address:

- Addictions
- Bipolar Disorders
- Child and Adolescent Issues
- Depression
- Eating Disorders
- Grief and Loss
- Life Changes
- Men's Issues
- Panic Disorders
- Parenting Issues
- Postpartum Depression
- Relationship and Marriage Issues
- Stress
- Trauma and PTSD
- Women's Issues
- And more

optimahealth.com/mdlive

1-866-648-3638