



# Video Counseling Services

BHS provides video counseling with the goal of providing another method of delivering extraordinary experiences to our participants. Technology is an essential part of everyone's life today and now you can use it to receive the support you need from BHS. Our licensed, master's level clinicians can now be available via our secure, web-based technology for personal, face-to-face sessions while you remain in the comfort of your home or office.

## Advantages of video counseling services include:

- **Convenience.** Video counseling with BHS is convenient and provides the flexibility in scheduling. It is a good option for employees who have limited time due to busy family schedules, live or work remotely, or have reduced mobility.
- **Security.** The security of your personal health information is important to BHS. Our video counseling platform, *Zoom*\*, is HIPAA compliant.
- **Easy to use.** Video counseling with BHS is easy. All you need for a session is a computer, smartphone or tablet, webcam and internet access.

\*Prior to the first session, you will be required to download the *Zoom* program.



## Confidentiality

BHS follows all federal and state privacy laws. When you speak with us, you can trust that your conversations and information will be kept confidential.



## Program Cost

Video Counseling Services are an option to access services as a FREE benefit provided and paid for by your employer.

**For more information about Video Counseling Services, call our toll-free number.**

**800-327-2251 | [portal.BHSONline.com](http://portal.BHSONline.com)**

