

Licensed therapists. Board-certified psychiatrists.

MDLIVE. Anytime. Anywhere.



You may feel overwhelmed or not like yourself. Your health plan includes talk therapy and psychiatry from the privacy of home.¹ Get reliable care for needs like anxiety, stress, life changes, grief, and depression.

Fast and convenient.

Have your first therapy appointment in a week or less and choose a time that works for you. Convenient appointments are available, including nights and weekends.

Affordable and easy.

The large MDLIVE network makes it easy to find a therapist or psychiatrist that is the right fit for you. Choose the same one for each appointment or switch at any time. No surprise costs. No hassle.

MDLIVE cares for hundreds of mental health needs, including:

- addictions
- anxiety
- depression
- grief and loss
- life changes
- obsessive compulsive disorder (OCD)
- panic disorders
- phobias
- postpartum depression (PPD)
- relationship issues
- stress management
- and more



Meet Sophie, your
personal assistant
Text Doctor to 635483
to create an account.

Create your account today.
[optimahealth.com/mdlive](https://www.optimahealth.com/mdlive)

¹Mental health services are available for ages 10 and up.

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