



***Expanded Telehealth Services through Blue Cross VT Now Available  
To VEHI Members & Their Families for Mental Health Care***

*November 7, 2023*

As school districts and employees know well, there is still an urgent need for comprehensive mental health services in our public schools and elsewhere. Shortages of providers and long waitlists are blocking timely access to in-person sessions across Vermont and nationally. Telehealth providers, also referred to as virtual providers, are filling this access gap to the best of their ability.

Blue Cross Vermont is responding to this crisis by contracting with a second telehealth provider for mental health services: **Valera Health**.

This means that VEHI members and their families can now access a wider range of virtual care options and counseling for mental health services from either:

- **Valera Health**. It provides comprehensive treatment for conditions such as depression, anxiety, stress, attention deficit hyperactivity disorder (ADHD), post-traumatic stress disorder (PTSD), adjustment disorder and more. The company's providers can also help manage your medications. Services are delivered through the Valera app or website.

or

- **Amwell**. It offers virtual counseling with psychiatrists and other therapists for a wide range of services, including panic attacks, stress management, couples therapy, insomnia, obsessive-compulsive disorder (OCD) and more. Services are delivered through the Amwell app or website.

As with Amwell, it is easy to get started with Valera. When you do, one of the company's **Health Connectors** will assess your needs, match you with a provider, and schedule an appointment. **Services are available for adults and children between the ages of 6 and 18.**

Valera Health also has a specialized treatment program for patients with Serious Mental Illness (SMI), including bipolar disorder, personality disorders, schizophrenia, and treatment programs for children, teens, adolescents, and parents. Valera Health's approach focuses on wellness and offers patients a collaborative team that includes access to a health connector, therapist, and psychiatrist.

You will find a general overview of the services offered by Valera Health and Amwell services, along with enrollment links, [here](#).

This notification has been sent to School Business Officials, Human Resources, Local Union Officials and Health Plan Contacts.

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