**Online Therapy**

**Review Articles**

Here are two articles that review and compare Online Therapy services. Check with your insurance company to see if it covers online therapy.

<https://www.onlinetherapyreviews.com/>

<https://www.verywellmind.com/best-online-therapy-4691206>

**Info about online therapy**

<https://www.apa.org/helpcenter/online-therapy>

**Using Insurance for Online therapy:**

Client must check with their specific Insurance/Medicaid/Medicare plan to learn the parameters of coverage and financial responsibility for on-line therapy/Tele-Mental Health. Some plans cover it and some don’t, regardless and sometimes separate from the in-office therapy coverage benefit.

**If the Student has University Insurance**

How to Access the online counseling services for students with the International or Domestic student health insurance (uhcsr.com) offered through the university.

[**https://www.betterhelp.com/united/**](https://www.betterhelp.com/united/)

**Information from the flyer:**

[**https://myahpcare.com/wp-content/uploads/BetterHelp\_Student\_Flyer-1.pdf**](https://myahpcare.com/wp-content/uploads/BetterHelp_Student_Flyer-1.pdf)

**BCBS Texas Insurance**

<https://www.bcbstx.com/find-a-doctor-or-hospital/telemedicine-and-telehealth-services>

**United Healthcare Insurance**

<https://amwell.com/cm/services/online-therapy/>

**TRICARE**

May need a referral from PCP

<https://tricare.mil/CoveredServices/IsItCovered/TelementalHealth>

**Aetna**

\*\*not all plans cover telemental health services

<http://www.aetna.com/dse/cms/codeAssets/html/static/Behavioral_Health_Televideo.html>

**Some Options for online therapy-**

**\*\***Not covered by all insurance benefits, student should call and check their specific benefits.

 <https://livehealthonline.com/psychology/>

 <https://amwell.com/cm/services/online-therapy/>

Insurance plans: https://amwell.com/cm/how-it-works/insurance-coverage/

 <https://www.betterhelp.com/>

 <https://www.regain.us/> \*specialize in relationship counseling

 <https://www.mytherapist.com/>

  <https://www.mdlive.com/counseling/>