



SEPTEMBER

Mental Health Benefits



Taking care of your mental health is an important part of your overall well-being. If you or a covered family member need support for stress, anxiety, or other mental health concerns, CVS Virtual Care is available to employees and dependents age 13 and older* who are enrolled in one of Air Group's medical/prescription drug plans through Aetna. Whether you are managing day-to-day stress or looking for professional mental health support, virtual care offers a convenient way to connect with licensed providers from home or wherever is most convenient for you.

Mental Health Support Through CVS Virtual Care

***Medication management and psychiatry services are only available for adults age 18 and older.**

Members can access virtual mental health care, including:

- Therapy support for stress or anxiety
- Visits with a psychiatric mental health nurse practitioner (PMHNP)
- Diagnosis, treatment, and medication management for eligible adults

Most mental health visits are available within a week, and appointments can be made any time from 8:30 a.m. to 7:30 p.m. EST.

Cost to the Member

Plan	CVS Virtual Care Mental Health Cost
Low Plan	Member pays 100% until deductible is met**. Once deductible is met, member has no further liability.
Middle Plan	\$0 per consult
High Plan	\$0 per consult

Low Plan- Member Cost per Consult**

Mental Health:

- Talk Therapy: \$85
- Initial Assessment: \$85
- Initial Assessment (Psychiatric): \$125
- Medication Management: \$99

This flyer provides a brief summary of benefits and is not a guarantee of coverage. If there is any difference between this flyer and the official plan documents, the official plan documents will govern. This information is for general informational purposes only and is not intended as medical or mental health advice. Please refer to the applicable plan documents for complete details. In an emergency, call 911 or go to the nearest emergency room. See [BenePortal](#) for more information.

How CVS Virtual Care Works

- Call **877.993.4321** or click [HERE](#) to register and schedule your appointment. Ensure you have your insurance card ready for quick and easy registration.
- Enter your symptoms or care needs to see available care options.
- Choose care that fits your schedule. Many providers offer appointments during evenings, on weekends, and even the same day.
- Get help with follow-up care. If additional care is needed, CVS Virtual Care can help coordinate next steps.

Getting help for your mental health is an important part of taking care of yourself. If you or a covered family member need support, review your Aetna plan and take advantage of the resources available to you.



Quick Tip!

Bookmark BenePortal! It's your one-stop resource for plan documents, insurance carrier contacts, forms, benefit guides, and other important information.

Visit anytime at airgroupbenefits.com.

