



How Valera Health Can Help You



Scan Me!

Valera Health is a virtual mental health clinic that combines a balance of human touch and technology to care for conditions ranging from depression and anxiety to Serious Mental Illness (SMI) such as schizophrenia, personality disorders and more.

Individual
Therapy

Group
Therapy

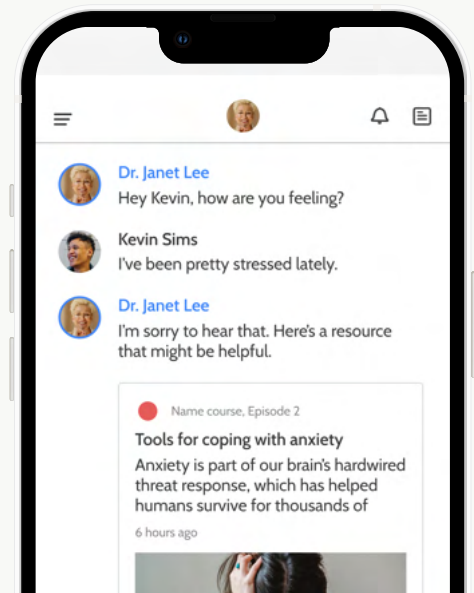
Psychiatry

Medication
Management

Case
Management

How it Works

- 1 Get started at **valerahealth.com/consult-today** for a free initial health consultation.
- 2 Your designated Health Connector will match you with a therapist and/or other mental healthcare providers that are the right fit for you.
- 3 Your dedicated care team is here for you to help you with your wellness journey.



Benefits of Valera Health

- ▶ Treatment for adults, adolescents, and ages 6+ for whole family care
- ▶ Culturally-competent care, including LGBTQ+ and BIPOC-friendly services
- ▶ Flexible scheduling for virtual visits that work for your life
- ▶ Secure messaging to your care team through the Valera Health app
- ▶ Access to our entire library of wellness materials through the Valera Health app
- ▶ 24/7 access to care through our hotline if you are experiencing an emergency or mental health crisis

Valera Health accepts most major health insurance plans.

Surest Member Services:
866-683-6440, Monday – Friday, 6 am – 9 pm CT.

Brought to you by: **surest™**