

Virtual Health Care Opportunities from Allstate Benefits

Allstate Benefits offers access to virtual health care benefits through Walmart Health Virtual Care. Employees can receive virtual behavioral health services (Talk Therapy, Teen Therapy, Psychiatry) after enrolling in a qualifying Allstate Benefits voluntary insurance product. *After enrollment, employees will be provided instructions on how to register for these services.*

Learn more about this opportunity below.



Your virtual care plan includes:



Talk Therapy (18+)

Speak with a licensed therapist & get support in as few as 72 hours for behavioral health concerns.



Teen Therapy (10 - 17)

Parents can schedule a visit with a therapist for their child in as few as 72 hours.

**Therapists do not write prescriptions.*



Psychiatry (18+)

Initial evaluation & ongoing treatment; may include medication management & psychosocial interventions.

Your provider can help with:

- Anxiety
- Depression
- Life changes
- Relationships
- Stress
- And more

What

What's telehealth? A service that helps you to reach a mental health provider or therapist for a visit by phone (where permitted) or video.

What's a visit fee? A fixed amount that you owe at the time of your visit, based on the voluntary benefit selected.

Who

Who can use the service? Walmart Health Virtual Care is available to you, your spouse/domestic partner, and children age 10 to 26.

Who will I see? Licensed therapists provide talk and teen therapy, while licensed and board-certified psychiatrists or psychiatric nurse practitioners provide psychiatry visits.

When

When should I use telehealth? If you are facing an emotional or mental setback, we provide a convenient, discreet way to get help on your schedule.

When can I use Virtual Care? Therapy and psychiatry visits can be scheduled in as few as 72 hours.

How

How do I save more money? Walmart Health Virtual Care provides a convenient and often more cost-effective alternative to traditional in-person behavioral health services, saving you money and time.

Where

Where can I use telehealth? From the privacy of your own home, office, or secluded space—over the phone (where permitted) or by video.