

Telehealth Information

Hello,

I am a full-time telehealth provider (online) for the states of North Carolina and Florida.

A few of the many benefits of telehealth are:

- *Lower copays usually for those using insurance
- *Ease of access
- *More immediate access
- *Greater ease in emergency situations
- *Rural communities having access
- *Efficient
- *Secure and confidential
- *Research has shown it to be the same level of effectiveness in comparison to in person treatment.
- *Some research has shown it to be more effective for certain issues in comparison to in person treatment.
- *Great way to have consistent treatment during travel or if in another country (i.e. missionary).

What is Next:

If you would like to use insurance, Blue Cross & Blue Shield does overall cover telehealth but not every BCBS plan covers telehealth. If you have insurance you would call the number on the back of your card and ask:

“Do I have coverage for synchronized telehealth for mental health visits?” If yes, ask “What is my copay?”

If you do not have telehealth coverage, need any help finding this information out, or have any questions about any part of this process please let me know.

It is an honor to work with you!

God bless,

Kelly Saylor