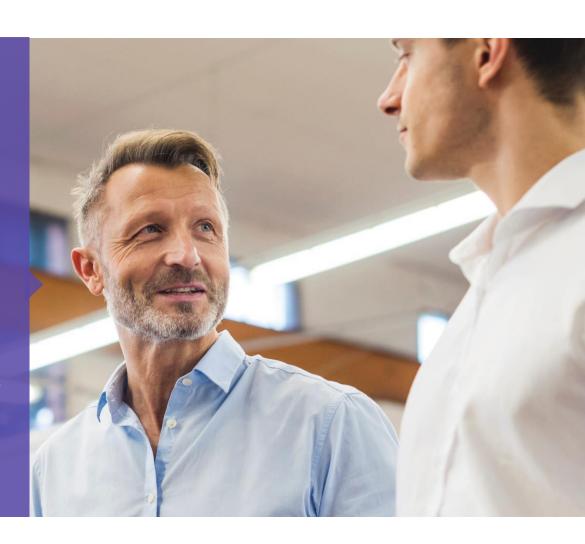


Jack, Teladoc Medical Experts member



## When you're at your lowest, Teladoc Medical Experts can help.

Get past your lowest moments with Mental Health Navigator. It's confidential and only lasts as long as you feel it's needed.

## **How Mental Health Navigator works:**



All you need to do is call or go online to start a case.



One of our Navigators will | Through an action plan, be with you all the way, from your initial visit to pairing you with the right clinician.



communication, and time, you'll start feeling like yourself again.

## Starting a case is easy.

Visit Teladoc.ca/medical-experts or call 1-877-419-2378