

# Private, Convenient Behavioral Healthcare

Connect with a specialist in your local, familiar healthcare setting

Coming to grips with a new diagnosis? Trying hard to quit smoking? Coping with a loss? Struggling to manage a chronic condition, stress or anxiety, perhaps even related to the impact of the COVID-19 pandemic? Your primary care physician may recommend a behavioral health visit – and you can have it right here.

In partnership with The University of Kansas Health System, your provider offers telebehavioral health visits to provide you with strategies and support to help achieve your health goals. Through this service, you can connect with a behavioral health expert via teleconference technology in the privacy of the clinic you visit for primary care.

Physical and behavioral health are closely connected. Oftentimes addressing behavioral health concerns brings about a positive effect on physical health and wellness.

Telebehavioral health consults are real visits with real Kansas providers who can offer real strategies to help you. Using secure videoconferencing, they make specialty care available to you without the time and cost of travel.

Telebehavioral providers take a holistic approach in supporting patients. They support patients in managing and coping with many common challenges, including depression, bipolar disorder, relationship challenges, lifestyle changes including adjusting to new situations, like COVID-19 concerns, economic challenges and post-traumatic circumstances.

In collaboration with primary care providers, they help patients achieve overall health and wellness goals.

## Helpful answers to common questions

### How does a telebehavioral health visit work?

Staff or a program coordinator at your primary care office will greet you and show you to the room for your visit. They will set up a secure videoconference connection between you and the behavioral health specialist, then leave you to talk privately with the specialist before returning at the end of your visit. The specialist and primary care team will work together in your care.



A telebehavioral health coordinator connects patients with psychologists like The University of Kansas Health System's Reed Maxwell, PhD.

**Who will I speak with?**

In your telehealth visit, you will meet with one of the behavioral health specialists from The University of Kansas Health System. These experienced, compassionate health psychologists and psychiatrists are committed to helping you manage your personal challenges. They look forward to building a relationship with you and collaborating with your primary care provider.

**How will I know if this is right for me?**

Talk with your primary care provider about the telebehavioral health service. If they think you might benefit, give it a try. After the first visit, patients decide if the telebehavioral service is the right fit and may choose to schedule additional appointments. Remember, your primary care provider is your partner in meeting your health goals and makes this recommendation with your best interests in mind. Many patients express after their visits that they were pleasantly surprised by how comfortable they felt and how helpful their visits were.

**Will I have to pay for this service?**

Although there are differences among insurance plans, telebehavioral health visits are frequently covered by insurance and may require a copay. The University of Kansas Health System will help you determine details of your coverage before you schedule an appointment.

**A helpful service**

A telebehavioral health consult is a convenient and private way to receive specialty behavioral healthcare in your own community. Telebehavioral health specialists share proven behavioral approaches to help patients reach their goals and improve overall health and quality of life. Our behavioral health specialists look forward to meeting and supporting you.

Ask your doctor about a telebehavioral health visit for yourself or a loved one today.