

Online mental health care in as little as 48 hours

Video chat with a provider right from your phone or tablet.



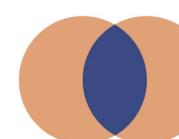
It gets brighter
from here.

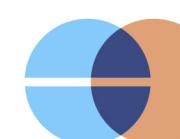
Get 1:1 help that
works and lasts.

Great news. You can get mental health care
from anywhere.

Your health plan, Wellcare, and Brightside Health
have partnered to provide you with expert online
mental health care to help you get better, fast.

 Medication

 Therapy

 Both

Start getting care in 3 easy steps:

1 Go to brightside.com/findcare to get started

Answer a few questions and book your first appointment.

2 Meet with your provider online

During your first appointment, your provider will get to know you and go over your treatment plan.

3 Start getting better, with support by your side

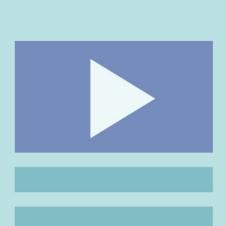
Your provider will help you every step of the way. If medication is part of your treatment, it will be sent to your local pharmacy.

We help people ages 13 and up with:

Worry
Fear
Nervousness
Sadness
Panic
Thoughts of death
Stress
Anger
Parenting
Relationship conflicts
Life changes
Grief or loss
Trouble sleeping
Self-esteem



Join 1:1 video
sessions



Watch
lessons



Track your
progress



Message your
provider

What members
say about
Brightside

“

I feel MUCH BETTER!
My provider listens to me
with understanding and
compassion.

★★★★★

“

I am just blown away by
how EASY this has all
been.

★★★★★

“

Brightside saved my life.
Everything changed for
the better!

★★★★★

Get started at brightside.com/findcare



Download the Brightside Health app

