

Tava Health

Your new mental
health benefit



- ★ Virtual or in-person mental healthcare for all employee's & dependants
- ★ Self-serve instant scheduling
- ★ Proprietary clinical network of licensed therapists hired by Tava
- ★ Everyone is recommended a therapist whose expertise matches their needs, but can choose from multiple and can change therapists anytime
- ★ Couples and family therapist are also available

Why Choose Tava Health?

Covered by Your Plan

Therapy sessions are included as part of your insurance benefits.

Convenient & Flexible

Meet with a provider online or in person, on your schedule.

Quick Matching

Find the right therapist based on your needs and preferences.

No Waitlists

Get started faster than traditional options.

Tava Health Benefit Specifics

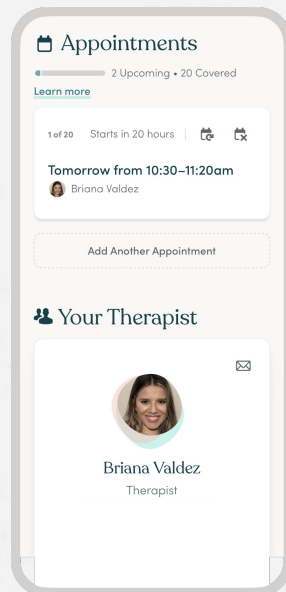
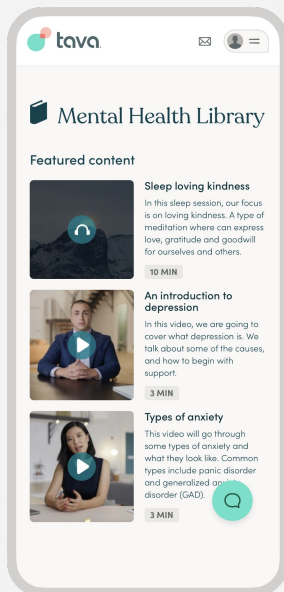


All sessions are accessible via your insurance

- Sessions may be used for individual, couples*, and/or family* therapy
- Each employee is responsible for their copay or deductible
- Members may use their insurance or pay directly for additional sessions (currently \$125/session)

Eligible members include:

- All employee's, partners, or spouses
- Children between (and incl.) the ages of 13-25



How to Get Started



- 1 **Visit** care.tavahealth.com/signup/misd
- 2 **Create an account** — It's quick, easy, and secure.
- 3 **Get matched** — Choose from qualified providers matched to your needs.
- 4 **Book Your First Session** — Start getting the support you deserve.