



VIRTUAL CARE

LIFE ASSISTANCE VS. MENTAL HEALTH

FEATURES

Access
Timing
Professions Available
Select Your Provider
Schedule On-Going Appointments
Confidential Treatment
Financial, Legal & Household Needs
Ability to Prescribe
Unlimited Calls
Mobile App Experience
Tracking
Cost per Call

LIFE ASSISTANCE

Phone Only
24/7/365 On Demand
Specialists, Counselors, LCSWs
✗
✗
✓
✓
✗
✓
✓
✗
\$0

MENTAL HEALTH

Phone or Video
7am to 9pm, scheduled
Therapists, Psychologists, Psychiatrists
✓
✓
✓
✗
✓
✓
✓
✓
\$0