

Support—on your schedule

Many people live with conditions such as anxiety, depression and other emotional health stressors. These health conditions can affect how people think, feel and act—and they can set in any time of year, even during the holiday season.



98point6 therapists can provide treatment and guidance for:



Anxiety



Depression



Stress and
sleep issues



Self confidence and/or
healthy body issues



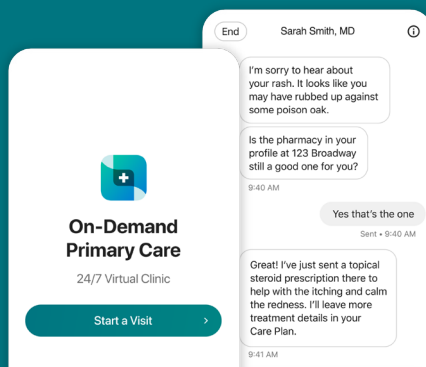
Family issues



And more

Our care team members can:

- Provide diagnosis and treatment for 600+ conditions
- Answer health questions
- Order labs and prescription refills
- Refer you to a 98point6 therapist if needed



Get back to being you with 98point6.

Get text-based primary care* and video-based therapy** from wherever you are with 98point6. You'll receive guidance from a care team that includes primary care physicians and therapists who work together to help you address your concerns and get back to feeling like yourself.

Real support in 4 steps

- 1 Download the 98point6 app from the App Store or Google Play.
- 2 Register your account in 90 seconds or less.
- 3 Start a primary care visit—24/7.
- 4 If needed, your primary care provider will refer you to a 98point6 therapist.

Download 98point6 from the
App Store or Google Play



*Primary care is available to individuals ages 1+, and behavioral health services are available to adults ages 18+ (ages 12+ in select states)

**Behavioral health visits can be scheduled during the week and on some weekends. Please note that while the 98point6 virtual clinic is open 24/7, the behavioral health clinic operates during normal business hours.