



# An online mental health benefit for sustained and chronic mental health challenges

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## Short Summary

Mental health is a nation wide challenge. Tava is a premier network of mental health specialists available to employees and their family members.

- **Pay-per-use:** Tava's pricing model is based on only what members use
- **Top Quality:** Vetted network of licensed mental health professionals that adhere to evidence-based practices
- **Safe & Online:** All appointments take place virtually via video
- **Convenient & Available:** Self-scheduled sessions available within 48 hours, including after work hours and on weekends
- **Personalized:** Tailored therapist matching based on individual needs and preferences
- **Comprehensive:** Diverse network covering different specialties, age ranges, and demographics
- **Widely Known:** Tava takes care of employee outreach, including all incurred marketing and printing expenses

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## How it works



### Tava drives engagement

Our creative team and clinical team will design a bespoke marketing campaign including monthly customized emails, and quarterly mailers to help your team members engage.



### Select a therapist

We'll recommend therapists we're confident will meet the needs of each unique Tava user. Getting the fit right plays a big role in healing!



### Only pay for what you use

We're available days, nights, and weekends - whenever works for your employees. We'll send a secure video chat link before each appointment.

Learn more at [www.tavahealth.com](http://www.tavahealth.com)