



Colorado Mental Health Benefits

At Friday Health Plans, we believe in a holistic approach to your health, which means keeping your mind healthy too. That's why we offer unlimited \$0 mental health visits on many plans!



Find in-network mental health providers
to meet in person or virtually:
carenavigator.fridayhealthplans.com



Speak with a counselor* by phone
or video for \$0.* Register for Teladoc:
teladoc.com/fridayhealthplans

MENTAL HEALTH **IS** HEALTH. TALK TO SOMEONE TODAY.

* For Members 18+ years old.

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