

Behavioral Health Support

with Sanford Health Plan Video Visits



When to see a mental health professional

- Take care of your mental health by scheduling a visit with a therapist, psychologist or psychiatrist for concerns such as anxiety, depression, addiction or substance abuse, job stress and burnout, or a social disorder.
- The cost of a behavioral health video visit is often the same or less than an in-person visit, depending on your health insurance coverage.

See a provider without leaving home

Sanford Health Plan Video Visits make it easy for you to connect with a board-certified behavioral health specialist from the comfort of home. Using your desktop, tablet or mobile device, you can see a provider within minutes, giving you quick, convenient access to quality care.

What to expect

During your visit, a provider can assess your symptoms, develop a treatment plan and send a prescription to your pharmacy of choice, if needed.

Steps for getting started



Desktop

Visit sanfordvideovisits.com.



Mobile

Search your App Store or Google Play for "Sanford Video Visits" and download the app.



Connect

Sign up or login in. Then, start a visit with a provider anytime, anywhere.



Cost

The cost of video visits depend on your health insurance coverage. Credit, debit, HSA and FSA are accepted.



Convenient

Connect with a provider 24/7. Referrals and prescriptions are available if necessary.



Quality

All video visit providers are board-certified.



Easy to use

Install the app and sign up to start a visit.

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