



Mental health is part of whole body health.

Now, for every Member we are offering free telehealth therapy.

Maine is home. And with the mass shooting in Lewiston, there is so much for all of us to unpack. We know—we feel it too. That’s why we want to make sure all of our Members can access free sessions with a therapist through our Amwell® telehealth portal.

We’ve always been here when you need us. Now feels like a time when we all need someone.

From all of us at Community Health Options, take care and be well.

To speak with a therapist, take these simple steps:

1. Create/Log into your Amwell account at: healthoptions.amwell.com
2. Enter your service key (HealthOptions207) in the upper right-hand corner of the page. If you’re accessing the service through the mobile app, click “more” to add the service key.
3. Click on the box labeled “Therapy” and schedule your appointment.

Have questions?

Get support from our **Maine-based Member Services team** at **(855) 624-6463**, from 8 AM to 6 PM, Monday through Friday, or email memberservices@healthoptions.org.

