



Get started with your free online therapy benefit

Get back to feeling like you! Your psychological well-being can affect your physical health, relationships, and work performance. Tava's network of vetted therapists helps you step out of the fog and get back to a happier, more fulfilled you.

Tava is a free, confidential mental health benefit available to all members and employees of the Utah State Bar and their dependents (age 13-25). The benefit provides up to 6 free sessions annually with licensed clinicians through Tava's secure, web-based technology platform. All you need for a live, video-based session is reliable internet access and a connected device with a camera (smartphone, computer, or tablet).

Free to Use

No claims, no co-pays, no deductibles. You and your dependents will have 6 sessions (per person per year) completely covered.

Convenient

Self-scheduled online video sessions means you get care whenever works best for you: days, nights, or weekends.

Confidential

We don't tell your employer who used the service. Your identity and anything you discuss is confidential.

Top Quality

Quality care from quality therapists. Tava's clinicians are licensed, vetted, and use evidence-based treatments.

Whether you're feeling stressed, stuck, or burdened with something else, Tava can help. Support is available for a range of issues such as:

Addiction
Anxiety
Depression
Eating disorders
Family issues

Grief and loss
LGBTQ+ issues
Life changes
Postpartum issues
PTSD

Trauma
Relationship issues
Work pressure
Stress
and more...

Schedule your first appointment today at

care.tavahealth.com

FAQ

Frequently Asked
Questions

Is this service really free?

Yes! The costs of the first 6 sessions for you and each of your eligible dependents will be completely covered by the Utah State Bar.

What if I would like more more sessions?

Once an individual has used their covered sessions, they can continue therapy by paying for it out of pocket at a rate of \$125 per session (this rate is valid for eligible members through 1/31/24).

Do I need to file a claim with my insurance?

No. Payment has been taken care of by the Utah State Bar, so you don't have to do anything. No claims, no copays, and no deductibles. In other words, no hassle.

Does this count toward my insurance plan's deductible or out-of-pocket maximum?

No. Use of and payment for Tava sessions do not impact your deductible nor out-of-pocket maximum associated with your employer's health plan.

Who is eligible to use this service?

The Tava Health benefit is available to any lawyer or licensed paralegal practitioner who has been admitted to the Utah State Bar and who holds a current active or inactive license, or an individual who is a Utah State Bar-licensed foreign legal consultant, or a current or full- or part-time employee of the Utah State Bar Association, and their dependents, including Spouse/partner and children ages 13-25.

Is this service confidential?

Yes. Written records of all services are kept private and are unavailable to employers or others without the written consent of the identified patient (or legal guardian) unless disclosure of information is required by law or court order.

Can my employer see who is using Tava?

No. Tava does not allow employers to view individual usage data. Any usage data that Tava shares with your employer or Utah State Bar is always de-identified and aggregated, protecting confidentiality and the identities of our individual clients.

Will my personal information be kept safely?

Yes. All personally identifiable information is stored in a secure, HIPAA-compliant database and will never be sold, shared, or transmitted for any reason.

Is this service available after business hours?

Yes. Tava's therapists have availability that extends beyond normal business hours. For current appointment availability, please visit care.tavahealth.com.

What if I need help immediately?

If you have an emergency or urgent matter, call the suicide hotline at 1-800-273-8255, go to www.suicidepreventionlifeline.org, visit your nearest emergency room, or call 911.

How will I talk with my therapist?

Therapy sessions are delivered via video chat through Tava's online portal. All you need is a connected device with a camera (e.g., computer, smartphone, tablet). This means your sessions can take place wherever is most convenient and comfortable for you. We recommend choosing a quiet, private location with reliable, high-speed Wi-Fi for your visits.

What are the qualifications of my therapist?

Therapy sessions are provided by licensed masters-level or doctoral-level mental health professionals. Licensure requirements and specific titles vary by state. We verify each clinician's credentials and require their licensure be maintained in good standing.

What kind of therapy does Tava provide?

Tava's therapists provide talk therapy (i.e. psychotherapy) to help you identify ways to understand, manage, and resolve problems, including unhealthy thought patterns and behaviors. Therapists cannot prescribe medications.

What issues does Tava help resolve?

Tava has therapists who understand and treat many types of issues. See a comprehensive list of issues our therapists often address on the previous page of this document. If you are wondering whether Tava can help you, schedule a free, initial consultation at care.tavahealth.com.

Will my therapist and I be a good match?

Before your first visit, you will fill out a questionnaire that will help Tava suggest therapists for you. If at any time you feel your therapist is not a great fit, it's easy to change therapists. This relationship is a key determinant to the success of therapy.

Is online, video-based therapy effective?

Yes. Research has shown that online, video-based therapy is equivalent to in-person care in diagnostic accuracy, treatment effectiveness, quality of care, and patient satisfaction. In 2018, the American Psychiatric Association issued the following statement in support of telemental health: "Telemedicine in psychiatry, using video conferencing, is a validated and effective practice of medicine that increases access to care. The American Psychiatric Association supports the use of telemedicine as a legitimate component of a mental health delivery system to the extent that its use is for the benefit of the patient, protects patient autonomy, confidentiality, and privacy; and when used consistent with APA policies on medical ethics and applicable governing law."

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