

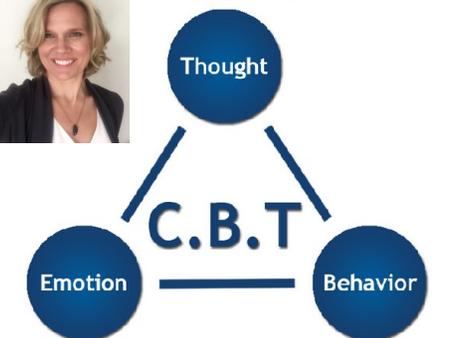
What Is The Goal Of Video Therapy?

iHope wants you to feel well as quickly as possible. Plus, the skills your therapist teaches you will help prevent these problems in your future.

All of us at iHope want to make it easier for you to get effective treatment, and to feel better. We are really looking forward to working with you.



What we *think* affects how we act and feel.



What we *feel* affects what we think and do.

What we *do* affects how we think and feel.



iHOPE NETWORK

100 Cummings Center
Suite 451C
Beverly, MA 01915

Phone: 800-225-0634
E-mail: info@ihopenetwork.com



See a therapist in the privacy of your home on a secure video connection.



iHope Network provides video therapy to people who want an easy way to connect with a caring professional.

Why Use Video Therapy?

1) **Easy to do:** No need for travel—all you need is a device like a smart phone, tablet or laptop with a video camera, and an internet connection.

2) **Privacy:** Many people like the privacy of therapy in their home. No one knows you are seeing your therapist except you.

3) **Telehealth Fits Your Schedule:** It's easy to fit the appointment into a busy schedule day or evening.

How Do I Get Therapy?

Your doctor or nurse can make a referral for you, just ask. Or you can go to iHope at www.ihopenetwork.com on the web, or call iHope at 800-225-0634. We will get you an appointment with a therapist in a week or less.

What Is iHope Network? Will iHope Work With My Doctor?

iHope is a medical practice treating patients in Massachusetts, New Hampshire, and other states.

iHope prefers to work with your doctor to provide collaborative care, which is shown to produce the best outcomes for you. iHope always asks your permission before sharing anything with your doctor.

We maintain the strictest standards of privacy and confidentiality, and your therapist will discuss this with you when you first connect.

How Can An iHope Therapist Help Me?

iHope therapists have experience treating insomnia, anxiety, depression, OCD, substance use, pain, and many other conditions.

iHope therapists often practice cognitive behavior therapy. In this form of therapy, each session teaches you skills that enable you to overcome the condition that is bothering you and improve your life.

What About Insurance?

iHope accepts insurance from many states and plans including Tufts Health Freedom Plan, Blue Cross Blue Shield, Anthem, Harvard Pilgrim Healthcare and United Health all pay for video therapy with iHope. They may require a co-pay. You can also pay privately using your credit card, or pay with money in your FSA account. Call for more information.