

META Quick Start Guide

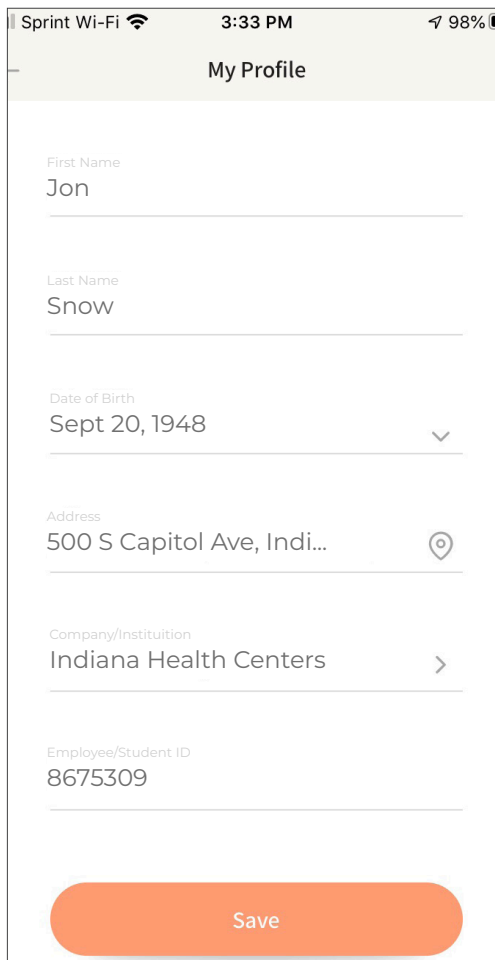
Dependents of employees can also use META!
Add them to the eligibility file at meta.app/ihc-dependents



Download the app to your Android or Apple phone for free by searching “META Teletherapy” in your app store.
Once downloaded, select “Sign Up” on the bottom of the screen to register.

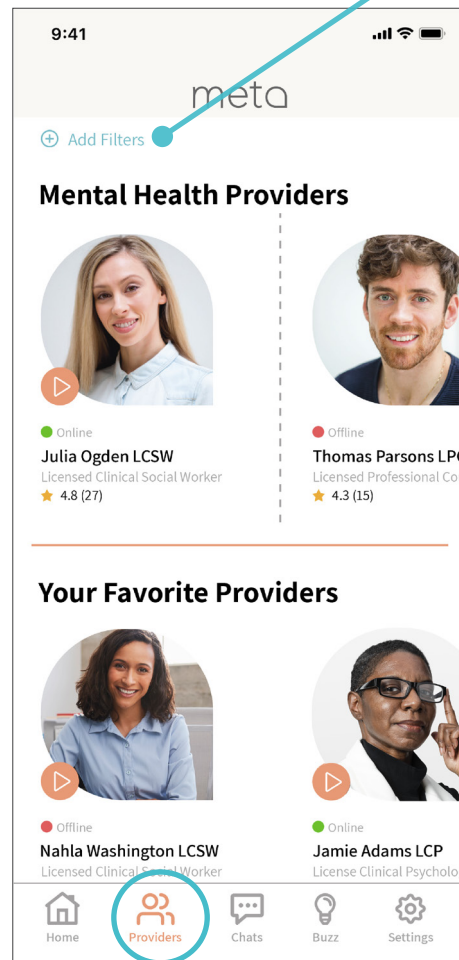
1. Use your phone to register.

Provide your address, name, email, company name, and employee ID. *This information is confidential and not shared with your employer.*



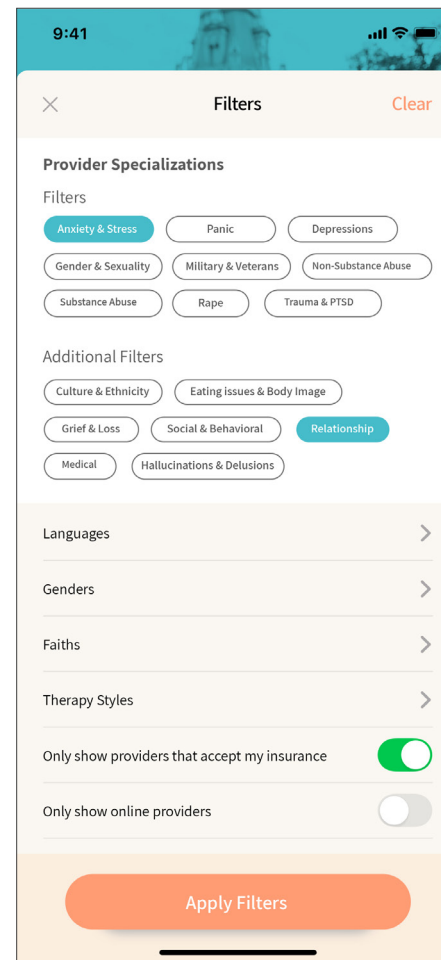
2. Browse providers.

Select the “Providers” tab at the bottom. The system will show providers you can connect with.



3. Narrow your search.

Click “Add Filters” to sort providers and show providers who accept your insurance.



4. Connect with a counselor.

Choose the chat icon in the provider’s profile to send them a message to schedule a free consult or your first session.

