



# Virtual Therapy

## Getting Started

### INTRODUCTION

Receive comprehensive therapy and counseling from Recuro’s Clinical Social Workers and Marriage & Family Therapists. Your therapist will work with you to reach your emotional wellness goals, developing a personalized plan and tracking progress over time.

### HOW TO ACCESS

01

Sign up with the Recuro Care app or visit the webpage below to access:  
“[member.recurohealth.com](https://member.recurohealth.com)”

02

Enter your employer member ID

03

Create your username and password

04

Complete intake and wellness assessment

05

Schedule your consult



# \$0

## Consults

## Example Conditions Treated

- Anger Mgmt
- Anxiety
- Bipolar
- Depression
- Eating Disorder
- Sleep Disorder
- Addiction
- Substances
- Grief / Loss
- PTSD
- OCD
- And More...

