

# Aspire

Indiana Health™

WHOLE HEALTH FOR YOUR WHOLE FAMILY

## OVERVIEW OF TELEHEALTH SERVICES



### Telehealth Services

Aspire Indiana Health has been a pioneer in the use of virtual appointments, using telephone calls going back to 2012 and rapidly transitioning to more powerful communications platforms as they have become viable. Today we primarily use Video in Person (ViP) for most of our telehealth services. This is still a face-to-face encounter with a healthcare professional; it just happens through a secure connection on your computer, smartphone or other mobile device.



ViP and other telehealth connections are an effective, convenient and safe option for appointments with

Aspire for primary medical, behavioral health, addiction recovery and other services. Many people face difficulty in physically getting to one of our health centers for treatment — because of transportation challenges, mobility issues or getting time off work. So telehealth is one way of lowering barriers to accessing care.

The healthcare industry is rapidly embracing telehealth as an alternative to in-office appointments, and this is being reflected in how public and private insurers cover these types of appointments.

### Therapy

Individual, family and group therapy sessions occur with a psychiatrist, psychologist or other trained behavioral health expert. Many people struggling with mental health issues find ViP telehealth appointments less intimidating than traditional office visits.

### Addiction Services

Substance Use Disorder (SUD) is a complicated disease with many causes, and any successful treatment addresses not just the use of drugs but the underlying issues that lead to it. Some of that treatment can be performed via telehealth in order to lessen feelings of stigma.

*All individuals pictured in photos are posed by models.*

### Primary Medical Care

While a full physical examination is not possible through telehealth, many medical issues can be addressed through ViP, including obtaining a prescription or helping create a plan of action for next steps.

### Youth Services

Children and teens can experience a great deal of anxiety and inhibition in seeking healthcare, particularly around behavioral or addiction issues. ViP allows for a freer, more honest exchange with a health provider in a non-threatening digital format where they are native users. ■



### VIDEO IN PERSON

Aspire Indiana Health has been a pioneer in the use of virtual appointments, including Video in Person (ViP) over your computer or mobile device, as well as telephone.

### HOW TO GET HELP

Aspire Indiana Health accepts Medicaid, Medicare and most commercial insurance. We also offer a sliding-fee scale for clients who are uninsured and have health navigators to assist people in obtaining coverage.

- Appointments.. (877) 574-1254
- 24/7 Crisis..... (800) 560-4038
- Website ..... [www.AspireIndiana.org](http://www.AspireIndiana.org)

### WE HAVE HEALTH CENTERS IN THE FOLLOWING CENTRAL INDIANA LOCATIONS:

- Anderson
- Carmel
- Elwood
- Indianapolis
- Lebanon
- Noblesville