

Get Started Through VA Community Care

A simple guide to requesting mental health care
with Telemetrynd



VA Covers Your Authorized Care

Services included in your Telemetrynd authorization
are covered by VA

YOUR PATH TO CARE

1

Ask your VA Care Team

Contact your VA Primary care
provider or VA Mental Health Team.

**Ask for a Community Care referral to
Telemetrynd.**

Telemetrynd NPI: 1831672989

Tell your care team which services you need:

- Individual Therapy
- Medication Management
- Group Therapy
- Family Therapy
- Couples Therapy

Different services may require separate VA
authorization. Mention every service you are
seeking.

2

VA sends approval

VA Reviews your request.

If approved, VA sends your Com-
munity Care authorization **directly**
to Telemetrynd.

Your authorization identifies the
Telemetrynd services VA approved
and will cover.

3

Telemetrynd contacts you

After we receive your authorization,
a Telemetrynd VA Care Coordinator
will call or text you to:

- Confirm your information
- Discuss your care needs
- Explain what to expect
- Coordinate your care
- Schedule your first appointment



Telemetrynd will reach out to you.

You do not need to schedule your Telemetrynd appointment through the VA.

VA says your authorization was sent?

If you have not heard from us, call the Telemetrynd VA Care
Coordination Team.

339-300-4442

Want to start sooner?

You may be able to use eligible commercial insurance
while VA authorization is pending. Plan costs may apply

866-991-2103



Need immediate help? Telemetrynd scheduling lines are not emergency services. Call **911** for immediate danger. For
confidential veterans Crisis Line support, **call 988 and press 1**, text **838255**, or visit **VeteransCrisisLine.net**