

LifeSolutions®

Video Counseling



Talking to a counselor can help you address issues that are affecting your life. Besides in-person and telephone counseling, LifeSolutions offers video counseling.

Participating in video counseling is easy and secure. While it's similar to Skype or FaceTime, our platform has the security protocols necessary to keep your personal information and counseling sessions private and confidential.

Video counseling allows you to work with a counselor from the privacy and comfort of your home. You will receive the same number of video visits as you would get if you were having in-person sessions.

We can help you with a variety of concerns:

- Substance use
- Emotional distress
- Grief or loss
- Major life events, such as births, accidents, and deaths
- Health issues
- Family/Personal relationships
- Work relationships
- Aging parents
- Domestic partner violence
- Active military and veteran family issues

Engaging in video counseling can help you be more present and productive when it matters.

Technology requirements

All you need to have a video counseling session is a webcam, a microphone, and a high-speed internet connection. You can connect using a smartphone, tablet, desktop computer, or laptop. Technical support is available if you have any problems.

LifeSolutions' first responder assistance is a private and confidential service. It is available to you and members of your household at no cost.

Call or email us to ask questions or schedule an appointment.

LifeSolutions is here to help.

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To access our website, go to lifesolutionsforyou.com, click Login, and enter your company code: WEBT

Video counseling cannot be used by those who have an active addiction.



An independent licensee of the Blue Cross and Blue Shield Association



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