



Wellthy's Teen Support

We understand that caring for a teen in today's world can be complex, so we're offering an unparalleled solution that blends personalized care concierge services with a wealth of self-serve, educational resources.

Teen Support is all about empowering you with the knowledge, strategies, and expert support you need to navigate the unique challenges of raising a teen. From academic planning, mental health, sexual education to stress management and social connections - we've got it covered.

How Wellthy helps

Mental Health Service for a Teen

- ✓ Identify and vet therapists, psychologists, psychiatrists, crisis support, treatment facilities, etc.
- ✓ Offer resources for suicide prevention and loss of loved one to suicide

Academic and Tutoring Support for Teens

- ✓ Source and vet private tutors and tutoring agencies
- ✓ Find SAT & ACT test prep coaches
- ✓ Evaluate academic mentorship programs

Post-High School Education Options

- ✓ Evaluate college prep coaches, mentoring and volunteer programs
- ✓ Explore and evaluate alternatives to traditional college (eg. Community college, trade/vocational programs, military, gap year, internship, etc.)

Life Coaching Resources

- ✓ Connect families with life skills coaches/teachers (eg. academic success, anxiety reduction, self exploration, financial literacy, etc.)

Health and Wellness Education Resources

- ✓ Identify resources to promote health and wellness education (eg. eating disorders, stress management, sexual health, etc.)
- ✓ Locate driving education resources for teens

LGBTQ+ Support Services for a Teen

- ✓ Identify and vet LGBTQ+ providers, therapists, advocates, etc.
- ✓ Support in gender identity-related needs
- ✓ Find support groups for teens and/or parents

Substance Use Support Services for a Teen

- ✓ Identify and vet providers, treatment facilities, etc.
- ✓ Find support groups for teens and/or parents
- ✓ Help parents navigate conversation about substance use

Options for Special Needs Education

- ✓ Specialized schools and programs
- ✓ Mentoring and volunteer programs
- ✓ Accessibility programs for teens



Need support raising a teen?

Visit join.wellthy.com/aristocrat to get professional, care concierge support from a Wellthy Care Coordinator today.

Teen Support care stories

Teen Support helps families raise teenagers to be healthy, functioning adults. Our team of care professionals provides personalized, one-on-one support to best meet every family's needs. Take a look at these real examples below showing how Wellthy has supported parents and guardians in raising a teen. Please note, all names have been changed for privacy purposes.

Helping a family navigate autism care for their teen



Donna and Henry have a 14-year-old daughter who was recently diagnosed with autism spectrum disorder. When they started noticing changes in her behavior that concerned them, they contacted Wellthy.

Here's how Wellthy helped:

- ✓ Supported the family's Medicaid application, filling out initial paperwork and handling follow-ups for their insurance claims
- ✓ Recommended specialized programs including day camps and local school programs
- ✓ Found in-network behavior specialists, and connected the family with ReThink for free tele-consultation services

Highlight: Leveraged Henry's existing benefits package to connect the family with ReThink, which was fully covered by his employer

Supporting a teen with gender affirming care



Mary's teenager Sam had been struggling with depression due to gender dysphoria, along with numerous challenges within their school environment.

After three written letters of recommendations and completed prior-authorizations for gender affirmation surgery, the family learned that their insurance provider denied the procedure. They turned to Wellthy to support the appeal process.

Here's how Wellthy helped:

- ✓ Gathered documentation of doctoral letters, along with several scholarly supporting documents
- ✓ Produced a comprehensive appeal package
- ✓ Supported with a civil rights complaint via the US Department of Health and Human Services
- ✓ Found and recommended post-treatment support groups and counseling

Highlight: Sam's procedure was ultimately approved by the insurance company, and the employer changed their policy for future approvals.

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