Therapy for You & Your Family—Covered by Insurance

Taking care of your mental health should be simple, and with your benefits, it is. Tava Health makes it easy to access quality, confidential therapy that's covered by your insurance.

Why Choose Tava Health?

Covered by Your Plan

Therapy sessions are included as part of your insurance benefits.

Convenient & Flexible

Meet with a provider online or in person, on your schedule.

Quick Matching

Find the right therapist based on your needs and preferences.

No Waitlists

Get started faster than traditional options.

How to Get Started

1. Visit care.tavahealth.com
2. Create an account — It's quick, easy, and secure.
3. Choose a therapist — Choose from qualified providers matched to your needs.
4. Book Your First Session — Start getting the support you deserve.

You don't have to navigate this alone. Take the next step toward your mental well-being with a provider who understands your journey.

As an employee with Edmund Optics you also have an EAP through Cigna. Employees are encouraged to use their 6 free sessions with the EAP first, before using Tava.