Rula Anthem

Connect with a mental health expert who specializes in you.

You deserve quality care from someone who cares. Match with licensed therapists and prescribers today.



A personalized approach to care, tailored around you.

Rula has **15,000+ licensed providers**, carefully vetted to ensure the highest quality of care.

Your search, made simpler

We'll help you find an in-network provider and schedule your first appointment in minutes.

Affordable, accessible care

Rula partners with your insurance company to make care more affordable. Patients typically pay $15 per session — but we'll provide you with a personalized cost estimate prior to your first appointment.

Meet your match

We know how important it is to find someone you connect with. Providers in Rula's network represent a wide range of specialties and backgrounds, making it easier to find the right therapist or prescriber for you.

Focused on quality

All therapists in our network undergo regular clinical reviews and have access to peer review and development workshops — ensuring that you receive the highest quality of care.

All-in-one platform

At Rula, we make it easy to combine multiple forms of care and manage your billing, appointments, and providers from one convenient platform.

Ready to get started?

Scan to find your therapist who specializes in you

Get started today
rula.com/anthemoh

We can make real progress together

Have questions?
Call (323) 508-2308