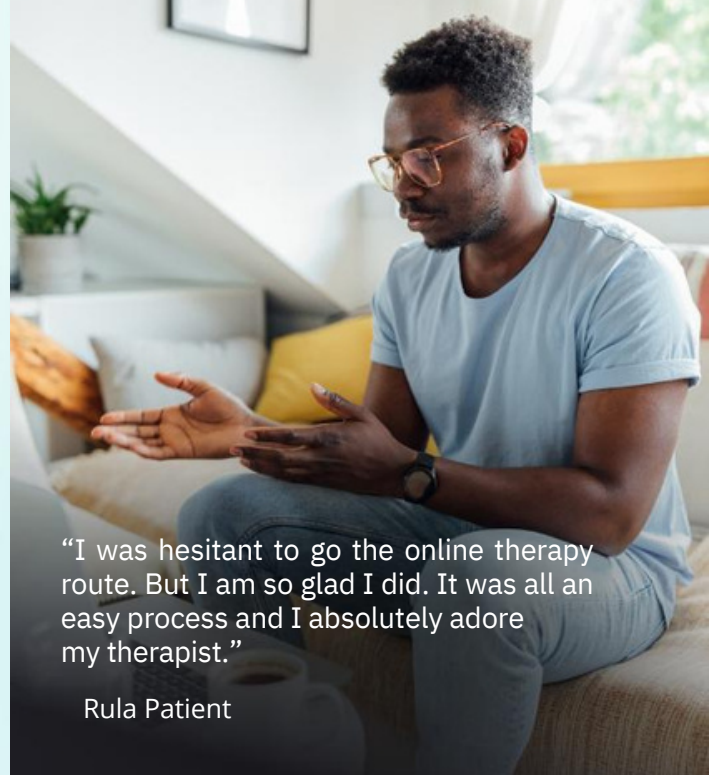




Connect with a mental health expert who specializes in you.

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





“I was hesitant to go the online therapy route. But I am so glad I did. It was all an easy process and I absolutely adore my therapist.”


Rula Patient


Rula is partnering with Anthem Blue Cross to provide a personalized approach to care, tailored around you.


Rula has **9,000+** 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 Anthem Blue Cross to make care more affordable. Patients will either pay a \$20 co-pay (EPO) or 10% co-insurance (PPO) after their deductible is met.

 **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

