



PIH Health – Rula Reference Guide

Rula Health makes it easy for PIH Health employees and patients to find a therapist who meets their preferences, is in-network with their insurance, and has availability this week.

Exciting news – Path is now Rula Health!

Why did we change our name?

Though we originally began with a focus on substance use disorder, we quickly expanded our services to address broad behavioral health needs. Our approach to mental healthcare considers the whole person, and our new brand represents the comprehensive behavioral health network we have become. To learn more, check out [this blog post](#) from our founders.

Our new name will help customers find our services more easily. Today, we are often confused with the several organizations named Path that provide mental health services. The name Rula is more unique and discoverable.

Rula Overview

Rula is a provider organization, enabled by technology. We have a network of licensed providers offering therapy and psychiatry visits via telehealth. We have diverse and highly specialized providers, offer appointments within 3 days, and accept most major insurance plans. We also verify that your insurance covers our services – so you never have to worry about a surprise bill. In less than 5 minutes, you can be matched to a therapist who fits your preferences, takes your insurance, and can see you this week!

Our Provider Network

- All of our providers are fully licensed
- Our licensed therapists represent over 90 clinical specialties and modalities, 43 languages including ASL, 18 faiths and religions, and a wide range of backgrounds
- We are able to see any patients who are clinically treatable by telehealth
- Our providers offer individual, couples, and family therapy

States We Operate in

- **Therapy:** live in 48 states + DC (not in KS, NM)
- **Psychiatry:** live in CA, NY, TX, IL and OH with GA, FL, NC, VA, MN coming in 2024

Ages and Modalities

- For therapy, we service patients 5+
- For psychiatry medication management, we see patients 13+ in CA, and 18+ in OH, NY, IL, and TX

Patient Referral Process

- For PIH Health patients: rula.com/pihhealth
- For PIH Health Employees and Families: rula.com/pih-employee
 - i. Psychiatry: rula.com/pih-employee-psych

Rula.com

Have questions? Call 323.205.7088



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Patient Scheduling Process



Select their provider

Patients can filter and select providers based on ethnicity, gender, language, specialty, and modality



Book an Appointment

Patients can view calendars and schedule their first appointment in minutes



Complete Registration

This is where we collect patient details, consents, and credit card information



Confirm appointment time

Patients receive a confirmation notice 1-2 days before the appointment along with a video call link

Insurances We Accept

National Contracts

- Aetna
- Optum/United Healthcare
- Cigna/Evernorth
- Centivo
- UMR

State Specific

California

- **Anthem Blue Cross of CA – Rula is a Tier 1 provider in PIH Health Anthem network plan**
- Blue Shield of CA (self-insured Standard Network, not Magellan carve-out)
- Health Net CA
- Kaiser SoCal (referral required)
- TriCare West

Rula.com

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