

## Got questions?

Call/Text your Enthea support team anytime:  
(617) 297-7237 (Real people. Real answers.)  
members@enthea.com



## Enthea FAQ: Your Step-by-Step Guide to Ketamine-Assisted Therapy (KAT)

Everything you need to feel informed and confident about using your new benefit.

### WHAT IS THIS ALL ABOUT?

#### What is Ketamine-Assisted Therapy (KAT)?



KAT is a breakthrough treatment that combines low-dose ketamine with talk therapy. It's designed to help with depression, PTSD, anxiety, trauma, or burnout—**especially when other treatments haven't worked.** KAT is science-backed and done by licensed pros in safe settings.

#### Is it safe?



Yes. Most people don't realize this, but **ketamine's been safely used in hospitals for half a century.** And with Enthea, you're in good hands—a network of trained professionals, safe clinics, and a team that genuinely cares about helping you heal.



#### Is this like recreational ketamine?

It's nothing like what you may have heard about ketamine on the street. This is a **carefully guided medical treatment in a safe, professional setting**—led by trained experts who've got your back. You'll be treated with respect, fully supported, and never left to figure it out alone.



#### Is therapy included, or is this just a drug?

Therapy is the core of this. **Ketamine opens the door, but therapy helps you walk through it.** You're not doing this alone. You'll work with trained therapists who guide you every step of the way. Sessions are included and happen in a safe, caring space built for healing.



#### Is this a permanent benefit?

Right now it's a new benefit. Whether it stays depends on participant feedback and success stories. Your input shapes the future.

Still have more questions? Please connect with our member services team, we are here to help.



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## WHY IT MATTERS TO YOU



### Why does this matter for Teamster health plan participants?

Because too many people are still struggling—despite doing everything right. Talk therapy, medications, meditation... and yet the pain lingers. **This benefit exists for those who haven't found relief through traditional means.** It's here to offer a new path—backed by science, delivered with care, and designed to truly support healing.

*It's not a magic fix, and it's not for everyone. But it is a powerful option that's helped many people feel better, faster. Now, it's available to you too.*



### What if therapy or meds never worked for me?

That's exactly who this is for. If you've tried it all and still feel stuck, KAT may be your next step forward.



### Can it help with job stress, burnout, or trauma?

Absolutely. These treatments are especially effective for work-related and personal trauma, chronic stress, and emotional exhaustion.



### Who is eligible?

You, your spouse, or domestic partner. Dependent children ages 18-26 are also eligible.

## WHAT DOES IT COST?



### Is this covered by my regular health plan?

No—KAT is offered outside of your health plan. **This benefit is only covered through Enthea's provider network through your health & welfare trust fund.**



**What will I have to pay?** When you use a provider in Enthea's network, you're getting access to pre-negotiated discounted rates. You'll always see a full cost breakdown upfront—so you know exactly what to expect.



### Are there any surprise fees or facility charges?

No. With Enthea's network, all costs are disclosed up front. Thanks to Enthea's network pricing, members pay far less out of pocket.

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# WHAT TO EXPECT FROM TREATMENT

## What does a session feel like?



Most people describe it as a calm, relaxed state—almost like daydreaming. You remain awake and aware, and a trained professional is monitoring you. The focus is on healing, not “checking out.” **It’s a safe, guided experience designed to help you feel better.** [\*\*CLICK HERE\*\*](#) to watch a live session.



## How soon will I feel better?

Some feel a shift after the first session. Most notice changes after a few. **KAT works faster than traditional treatments.**



## How many sessions do I need?

The typical treatment includes 4 to 6 KAT sessions over a few weeks. Your provider will tailor this based on your needs.



## Will I be able to drive after a session?

**No.** You’ll need someone to drive you home. Most people take the rest of the day to rest and reflect.



## Can Enthea coordinate with my current therapist?

Yes. If you already have someone you trust, Enthea can work with them to support your post-treatment care.

# HOW TO GET STARTED



## How do I sign up?

Visit the member portal at [enthea.com](http://enthea.com) to find a provider near you. No referral is needed. It’s fast, easy, and private.



## How long before I get treatment?

Initial evaluations are usually available within days. If you qualify, treatment starts shortly after.



## How is eligibility determined?

You’ll have a private screening and medical evaluation with an Enthea provider. They’ll decide if it’s safe and right for you.



## Is this confidential?

**Yes, 100%.** Your use of this benefit is completely private. Your fund will never know if you receive treatment.

All care is HIPAA-compliant, **which means your health information is legally protected**—just like any other medical visit.

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