


Why Yana The Process Learn Login [Get Started](#)

YANA

Your brighter future begins today.


[LEARN MORE](#)

"Yana got my life back on track."
Hannah, College Student




Medical Doctors

Yana's doctors are carefully selected and matched to fit your personal needs. They will evaluate your symptoms and create a treatment plan made just for you.




Licensed Therapists

Yana's licensed therapists will guide you through difficulties and offer constructive ways of dealing with challenges via talk therapy and regular check-ins.



Proper Medication

If your doctor decides that FDA-approved medication, clinically proven to correct imbalances in brain chemistry, is right for you, Yana delivers it right to your door.



Care Coordinators

YANA's team of care coordinators are available 24 hours a day, 7 days a week to make sure you're on the path to mental wellness.

Life with YANA

Skip the waiting rooms. We make it simple, convenient, and discreet to get the treatment you deserve.


Monthly membership includes:

- ACCESS TO MEDICAL CARE ON YOUR PHONE, TABLET, OR COMPUTER. ✓
- MEDICATION DELIVERED TO YOUR DOOR ✓
- FLAT-RATE, NO HIDDEN FEES ✓
- 24/7 CARE COORDINATORS ✓
- AFFORDABLE TALK-THERAPY ✓

Subscriptions start at \$59 a month*

[TALK TO YANA](#)

*Eligible for Insurance Reimbursement



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YANA

**Focus on you.
We'll handle the rest.**

[TALK TO YANA](#)

"Yana made me feel less alone."
Peter, Single Father

It only takes 5 minutes to get started.

IS YANA RIGHT FOR YOU?
Take our free online clinical assessment.

GET MATCHED TO DOCTORS
Yana intelligently matches you with a doctor who will partner with you to get you the best treatment possible.

DISCUSS TREATMENT OPTIONS
Via a live call, your doctor will evaluate your symptoms, diagnose you, and go over treatment options.

TALK THERAPY
If you and your doctor agree that talk-therapy is right for you, a licensed therapist will be referred based on your needs. You control the scheduling.

MEDICATION DELIVERY
If your doctor prescribes medication, it will be discreetly delivered to your home.

REGULAR CHECK-INS
Yana will periodically assess your mental wellness using both live and electronic tools so your doctor can evaluate the effectiveness of your treatment.

WE KEEP WORKING
At no additional charge, changes to your prescription or treatment plan may be necessary until the desired outcome is achieved.

THE YANA PROCESS

**Help is one click away.
Ready to begin?**

[GET STARTED](#)

You are not alone.