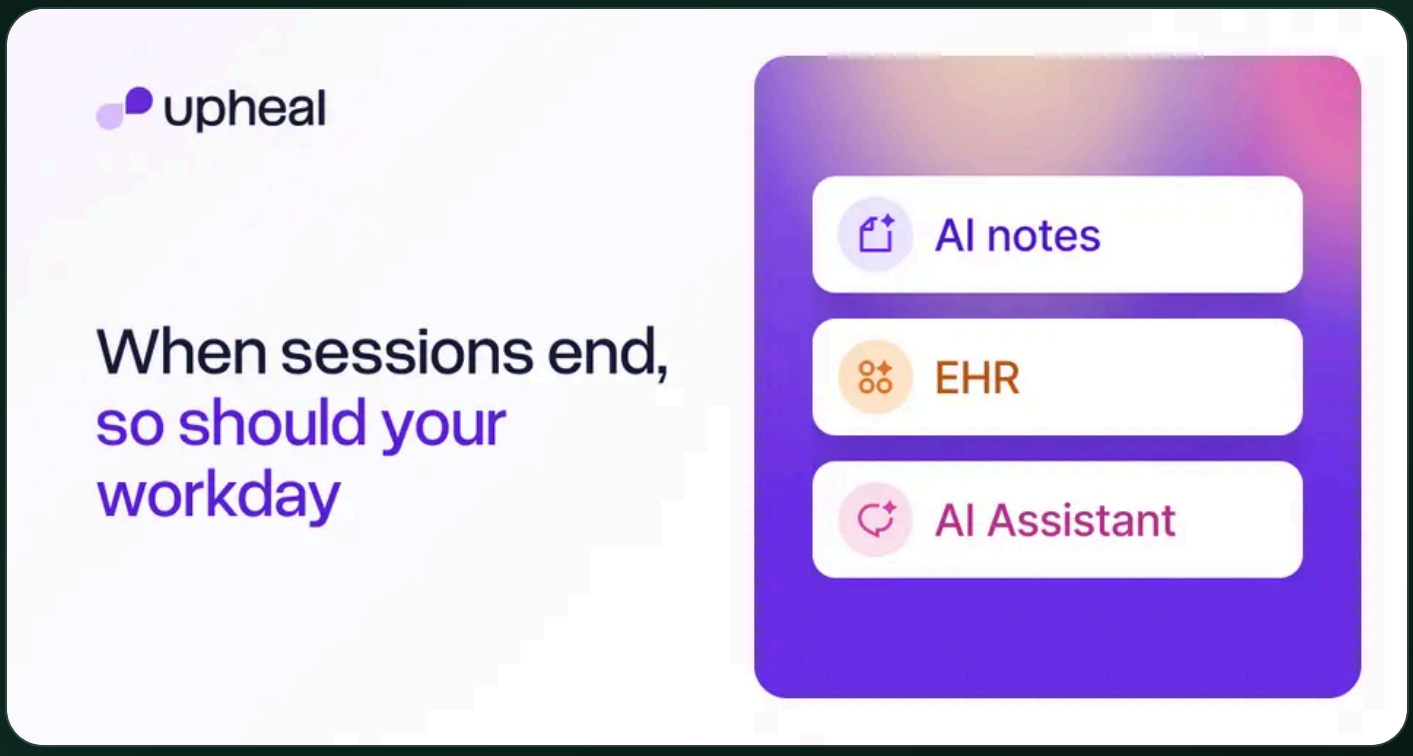
ToolGPA

NOVEMBER 2026

Upheal

The Insider's Guide

AI therapy notes, with an optional full practice EHR



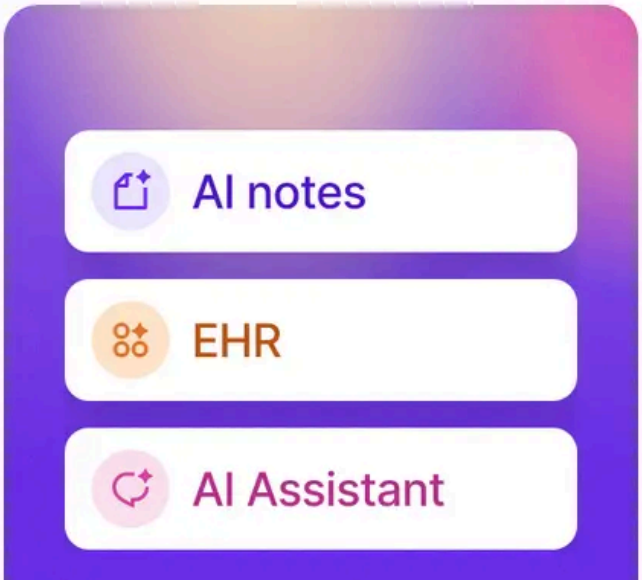
Every plan, grade, refund rule and rival among therapy and clinic software, read from Upheal's own pages.

Made by Upheal · checked Nov 12, 2026 · toolgpa.com

2.8
GPA

upheal

When sessions end, so should your workday



Contents

01 Welcome
What it is, who it suits, its grades and the ten things to know first

02 What it costs
Every plan, the free plan, ways to pay less and how prices have moved

03 What it does
Its main features, where it runs, what it works with and who makes it

04 Where it stands
Its grades against its category, and whether to keep it or make your own

05 The alternatives
The tools it is most often weighed against, side by side

06 Quick answers
The questions people ask about it, each answered in a line or two

07 About ToolGPA
Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Upheal's own pages, its app-store listings and our grades. Every fact in it is on Upheal's page too, where it is kept up to date. Checked Nov 12, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

2.8

GPA, above 36 of the 38 other therapy and clinic software we grade

Upheal started as an AI note taker for therapists and now also sells a full practice EHR with scheduling, billing and a client portal. It writes notes from recorded, dictated or uploaded sessions, and has its own telehealth calling. Pricing is a flat monthly fee for notes, or a per-session fee for the EHR.

To get you started, here are **9 things to know about Upheal**, taken from its own pages and our grades.

> **Group practices have no published figures.**
>
> From our report card of Upheal

1 **Best for AI therapy notes with an optional EHR**

Upheal writes therapy notes from video, audio, dictation or uploads, with an optional full EHR.

2 **Paid plans start at $39 a month**

As its pricing page puts it: $39 per month for AI notes.

3 **There is a free plan**

Basic AI notes from text, dictation or uploads for individual therapy only, plus telehealth calls without AI.

4 **It runs on 4 platforms**

Web, macOS, iOS and Android.

5 **AI notes from many inputs**

Notes come from live video, audio, dictation, typed summaries or uploads, in SOAP, DAP, BIRP, EMDR and other templates.

6 **Treatment plans with Golden Thread**

Generates treatment plans and tracks client progress from one session to the next. Included on the paid AI notes plan and the EHR plans.

7 **Built-in telehealth**

Its own video platform, with automated notes afterward. Zoom sessions and other calling tools can also be captured.

8 **A 2.8 GPA, above 36 of 38**

That is against the other therapy and clinic software we grade, on value, the free plan, features, ease of use and platforms.

9 **Keep it**

To replace Upheal you would be making video sessions that meet health privacy rules. That is not a weekend's work, with an AI app builder or without one.

Upheal at a glance

PRICING Free plan, from $39 per month for AI notes	FREE PLAN Yes
FREE TRIAL Free trial on paid plans, no credit card required	RUNS ON Web, macOS, iOS, Android
MADE BY Upheal	CATEGORY Therapy & Clinic Software
OUR GRADE 2.8 GPA, good	

The report card

Best for AI therapy notes with an optional EHR

Upheal writes therapy notes from video, audio, dictation or uploads, with an optional full EHR. The free plan covers basic notes for individual therapy only, AI notes are $39 a month, and the EHR adds per-claim and per-payment fees. Group practices have no published figures.

TOOLGPA REPORT CARD

Upheal

Graded Nov 12, 2026

SUBJECT	GRADE	COMMENT
Value for money	C	AI notes are $39 a month flat, the middle of the therapy-clinics range. The EHR is $1 a session or $99 flat.
Free plan and trial	B	A free plan with basic notes for individual therapy and a capped AI assistant, plus a card-free trial on paid plans.
Features	B	Notes, treatment plans, telehealth, and an EHR with billing and portal. Group practices are not priced.
Ease of use	C	No store rating on record. You set up templates and connect Zoom or Google Calendar.
Platforms and integrations	A	Web, Mac, iPhone and Android with Zoom and Google Calendar.

Grade point average — Good, out of 4.0 **2.8**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Upheal is for

- ✓ Fits if you see individual clients and want free basic notes
- ✓ Works for a solo therapist who may later move to the EHR

Who it is not for

- ✕ Tight if you stay free: individual therapy only, with a capped AI assistant
- ✕ Watch out: EHR fees are $0.30 per claim, $0.15 per eligibility check and 2.9% + $0.30 per payment
- ✕ Pricey if you use the AI Assistant a lot, as it is capped monthly unless you add Assistant Pro
- ✕ Skip it if you run a group practice and want a price, as the page gives no figures

Good to know

Good for

- ✓ Therapists who want AI notes without changing their EHR
- ✓ Solo clinicians who would rather pay per session than a monthly fee
- ✓ Practices that want notes, billing and telehealth in one product

Worth knowing

- ⓘ The free plan covers individual therapy only and has a limited AI note feature set.
- ⓘ The EHR plans charge $0.30 per insurance claim, $0.15 per eligibility check and 2.9% + $0.30 per online payment.
- ⓘ Group practices are priced per seat for notes or per session for the EHR; the page gives no figures for them.
- ⓘ The AI Assistant is capped each month unless you pay for Assistant Pro.

PART 02 · PRICING

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

$39

A month to start. There is a free plan too

Upheal has a free plan. Paid plans start at $39 per month for AI notes.

> **A free plan with basic notes for individual therapy and a capped AI assistant, plus a card-free trial on paid plans.**
>
> From our grade for free plan and trial

FREE

$0

Basic notes via text, dictation and uploads, individual therapy only, with a monthly cap on the AI Assistant.

AI NOTES

$39

per month, flat fee

Unlimited AI notes from video, audio, dictation and uploads, treatment plans and built-in telehealth.

EHR

$1

per session, pay as you go

Full EHR with AI notes, invoicing, superbills, insurance billing, client portal and scheduling.

EHR PRO

$99

per month, flat fee

The EHR with an unlimited AI Assistant included; the page says it saves money past 14 sessions a week.

The free plan

Basic AI notes from text, dictation or uploads for individual therapy only, plus telehealth calls without AI.

Trying it first

Free trial on paid plans, no credit card required

Read from upheal.io on Nov 12, 2026.

Ways to pay less

EDUCATION

Student and non-profit discount

The pricing page lists a student and non-profit discount alongside a 30-day money-back guarantee; it does not state the amount.

Stated on upheal.io

What it does

Its main features, where it runs, what it works with and who makes it

4

Places it runs: Web, macOS, iOS and Android

AI therapy notes, with an optional full practice EHR. Here is what it does, as its own site describes it, and what it covers: AI features, transcription, clinical notes, insurance billing, telehealth, appointment booking.

> **Notes, treatment plans, telehealth, and an EHR with billing and portal.**

From our grade for features

AI notes from many inputs

Notes come from live video, audio, dictation, typed summaries or uploads, in SOAP, DAP, BIRP, EMDR and other templates.

Treatment plans with Golden Thread

Generates treatment plans and tracks client progress from one session to the next. Included on the paid AI notes plan and the EHR plans.

Built-in telehealth

Its own video platform, with automated notes afterward. Zoom sessions and other calling tools can also be captured.

EHR with billing

Invoices, superbills, online payments, insurance claims and eligibility checks, plus a client portal with scheduling, messaging and forms.

AI Assistant

A chat assistant with a monthly usage limit on every plan. AI Assistant Pro is a $39 a month add-on that removes the limit and adds session prep.

Migration help

Upheal says it can move clients and files over from another EHR, and runs a weekly live webinar on migrating.

Where it runs

Web · macOS · iOS · Android

What it works with

Zoom · Google Calendar

Upheal is made by Upheal.

PART 04 · STANDING

Where it stands

Its grades against its category, and whether to keep it or make your own

36/38

Other therapy and clinic software it is graded above

Upheal's GPA of 2.8 is higher than 36 of the 38 other therapy and clinic software we grade, and level with 1.

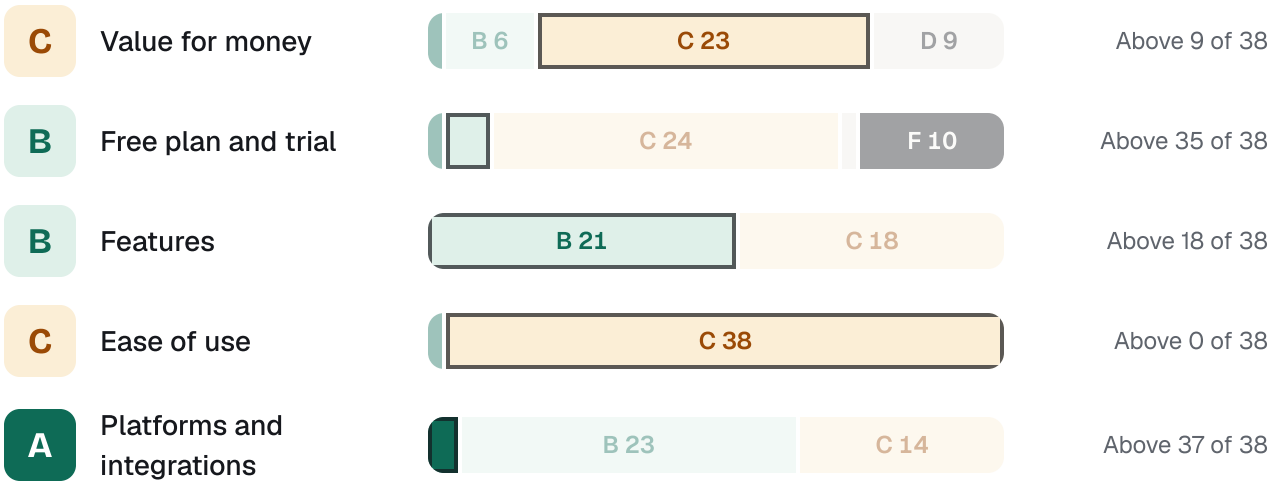
It stands best on platforms and integrations (A, above 37 of 38) and worst on ease of use (C, above 0).

Its paid plans start at $39 a month, against a middle price of $39 for the category: 13 of the 26 others that charge start lower.

On features, ease of use and platforms it scores 3.0 out of 4, and no tool on the category's chart scores higher without costing more.

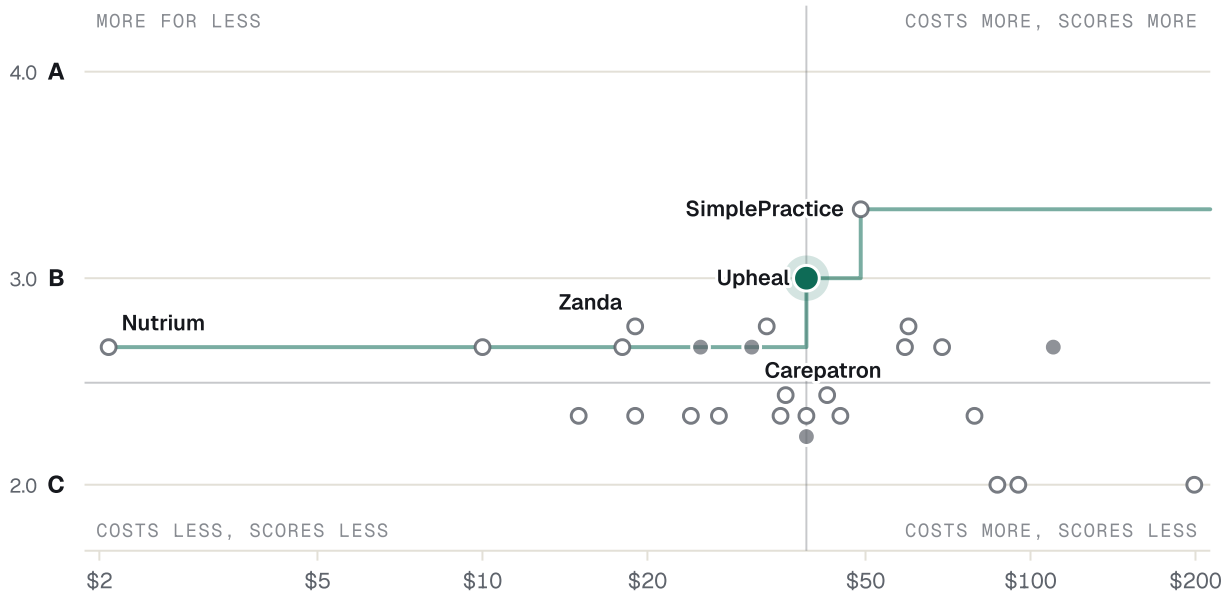
Each grade against the category

Every bar is all 39 therapy and clinic software we grade, cut by the letter each got. Upheal's own letter is outlined.



Price against what you get

Each dot is one of 27 therapy and clinic software. Further left costs less; higher up scores better on features, ease of use and platforms. Upheal is the marked dot.



What paid plans start at, a month (each step along is roughly double) ⍰

Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

To replace Upheal you would be making video sessions that meet health privacy rules. That is not a weekend's work, with an AI app builder or without one.

It is one of the better ones too: its GPA of 2.8 is higher than 36 of the 38 other therapy and clinic software we grade. It costs $468 a year.

What you could make

- Clinical notes and appointment booking: an app builder makes these well.

What you could not

- Video sessions that meet health privacy rules.
- Insurance claims sent to payers through a clearinghouse.
- Speech turned into text you can trust.
- Apps for macOS, iOS and Android that stay in step with each other.
- AI features, unless you pay a model provider for each request yourself.
- The depth: we grade its features B, which means it covers the whole job.

What this rests on. Upheal's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Mentalyc, Blueprint, SimplePractice, Sessions Health and Freed

The 5 tools Upheal is most often weighed against, with where each one differs from it.

2.4 GPA

Mentalyc

Free trial · from $14.99/mo

AI session notes and treatment plans for therapists.

- Upheal has a free plan. Mentalyc does not, though it has a free trial.
- Only Upheal lists macOS, iOS and Android apps.
- Upheal also covers insurance billing, telehealth and appointment booking.

Upheal and Mentalyc compared in full

2.0 GPA

Blueprint

Free trial · from $0.99

AI notes and an all-in-one EHR for therapists.

- Upheal has a free plan. Blueprint does not, though it has a free trial.
- Only Upheal lists macOS, iOS and Android apps.
- Upheal also covers transcription.

Upheal and Blueprint compared in full



2.8
GPA

SimplePractice

Free trial · from $49/mo

Practice management and EHR for private-practice therapists.

- Upheal has a free plan. SimplePractice does not, though it has a free trial.
- Only Upheal lists a macOS app.

Upheal and SimplePractice compared in full



2.2
GPA

Sessions Health

Free plan · from $39/mo

Mental health EHR with a free plan and low-cost insurance claims.

- Only Upheal lists macOS, iOS and Android apps.

Upheal and Sessions Health compared in full



2.0
GPA

Freed

Free trial · from $39/mo

AI scribe that drafts clinical notes after each visit.

- Upheal has a free plan. Freed does not, though it has a free trial.
- Only Upheal lists macOS and Android apps.
- Upheal also covers insurance billing, telehealth and appointment booking.

Upheal and Freed compared in full

Quick answers

The questions people ask about it, each answered in a line or two

15

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Upheal free?

Upheal has a free plan. Basic AI notes from text, dictation or uploads for individual therapy only, plus telehealth calls without AI.

How much does Upheal cost?

Upheal lists 4 plans. Free: $0.

What platforms does Upheal work on?

Upheal is available on Web, macOS, iOS and Android.

Does Upheal offer any discounts?

Upheal publicly lists the following: Student and non-profit discount.

Does Upheal have a Windows app?

No Windows app was listed when its pages were read on Nov 12, 2026. Upheal is listed for Web, macOS, iOS and Android.

Does Upheal have a Linux app?

No Linux app was listed when its pages were read on Nov 12, 2026. Upheal is listed for Web, macOS, iOS and Android.

Is Upheal open source?

Upheal is not described as open source on its own site, as read on Nov 12, 2026.

What does Upheal integrate with?

Upheal's listing names Zoom and Google Calendar. A listing names up to eight integrations, so it may connect to more.

Does Upheal have a student discount?

Student and non-profit discount. The pricing page lists a student and non-profit discount alongside a 30-day money-back guarantee; it does not state the amount.

Does Upheal have a free trial?

Yes. Free trial on paid plans, no credit card required.

Who makes Upheal?

Upheal is made by a company of the same name.

What are the alternatives to Upheal?

The closest alternatives to Upheal in our directory are Mentalyc, Blueprint, SimplePractice, Sessions Health and Freed.

How does Upheal compare with other therapy and clinic software?

Upheal's GPA of 2.8 is higher than 36 of the 38 other therapy and clinic software we grade, and level with 1.

Is Upheal good value for money?

ToolGPA grades Upheal C for value for money. Its paid plans start at $39 a month, against a middle price of $39 for the category: 13 of the 26 others that charge start lower.

Could I make my own version of Upheal?

To replace Upheal you would be making video sessions that meet health privacy rules.

Where this guide comes from

The prices, plans, platforms and features were read from Upheal's own pages on Nov 12, 2026, and the grades were given on Nov 12, 2026. Graded from this listing, whose facts were read from Upheal's own pages on 12 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Upheal. Prices change, so check upheal.io before you buy.

upheal.io/pricing

upheal.io

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

5,038

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at toolgpa.com.

5,038	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Upheal, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/upheal

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

```
ToolGPA, "Upheal: The Insider's Guide",
checked Nov 12, 2026.
https://toolgpa.com/tools/upheal
```

Know someone choosing between therapy and clinic software?

Send them this guide: toolgpa.com/tools/upheal/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded therapy and clinic software after Upheal, each with an Insider's Guide of its own.

Therapy & Clinic Software Insider's Guide

Every one of the 39 therapy and clinic software we grade, compared

Halaxy Insider's Guide

Free practice management software for health practitioners

3.0 GPA

SimplePractice Insider's Guide

Practice management and EHR for private-practice therapists

2.8 GPA

Carepatron Insider's Guide

Practice management with a free plan, AI scribe and telehealth

2.6 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Upheal's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Upheal is a trademark of its owner, and this guide is not made, paid for or approved by Upheal. Prices and plans change: check upheal.io before you buy.