

# Connecting you with the care and support you may need



Nothing is more important than your health, which includes your mental health. As a UnitedHealthcare® member, you have access to many resources to help you improve your emotional and mental health, including:



#### Mental health virtual visits

Connect with a mental health professional using your computer, tablet or smartphone. Visit [VirtualVisitsMentalHealth.uhc.com](https://VirtualVisitsMentalHealth.uhc.com) to select a health care provider who can evaluate and treat conditions like depression and anxiety, and address substance use concerns<sup>1</sup>.



#### On-demand self-care

Enjoy access to **Sanvello's** daily mood tracking, meditations, coping tools, community support and more. Visit the Apple or Google Play app stores on your smartphone and search "**Sanvello**" to download.



#### Personalized virtual therapy programs

AbleTo virtual therapy programs are tailored to fit your needs with a structured plan of action that's proven to reduce depression, stress and anxiety.<sup>1</sup> Tell us about your needs and goals, and we'll match you with a compassionate licensed therapist for 1-on-1 weekly sessions. Visit [ableto.com/learnmore](https://ableto.com/learnmore) to get started.



#### Ongoing mental health support

Optum Behavioral Health includes more than 87,000 network providers to support ongoing mental health needs. Get inpatient and outpatient services, like therapy, a behavioral health assessment and medication management. To get started, call the number on the back of your member ID card or visit your plan website and go to **Find Care**.



#### Health and wellness resources

Renew by UnitedHealthcare® helps empower you to take charge of your well-being every day. Renew offers a variety of resources to help improve mental health, including articles, activities and more. To learn more, visit your plan website and go to **Health & Wellness**.

## Questions? We're here to help.



Please call the number on the back of your member ID card for one-on-one support.



<sup>1</sup>Dent L, Peters, A, Kerr PL, Mochari-Greenberger H, Pande RL. Using Telehealth to Implement Cognitive-Behavioral Therapy. *Psychiatric Services*. 2018. 69(4):370-373. Not all medical conditions can be treated through telehealth. The telehealth doctor or nurse practitioner will identify if you need to see an in-person doctor for treatment. Benefits and availability may vary by plan/area. Virtual visits may require a video-enabled smartphone or other device. Not for use in emergencies.

This information is not a complete description of benefits. Call the Customer Service number on the back of your member ID card for more information.

Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

The Sanvello app is available to you at no extra cost as part of your plan's behavioral health benefits and is only available for Optum Behavioral Health members. This app should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello Mobile Application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. The Sanvello Mobile Application is available at no out-of-pocket cost to you through your health plan membership. Participation in the program is voluntary and subject to the terms of use contained in the Application.

Renew by UnitedHealthcare is not available in all plans. Resources may vary.

Plans are insured through UnitedHealthcare® Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in these plans depends on the plan's contract renewal with Medicare.

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