

Providing access to the support your employees need

Life may not always be easy. The day-to-day pressures of work obligations and family dynamics can be overwhelming. UnitedHealthcare benefits include resources that offer support for many issues and concerns. Consider these behavioral health resources when your employees or their family members need support.



AbleTo® (Telephonic/Video outreach): Visit ableto.com/explore to get started

AbleTo focuses on individuals with unmet behavioral health needs coupled with chronic medical conditions and/or major life events. This evidence based, structured therapy program helps to strengthen medical recovery and self-care. AbleTo provides virtual support for depression, anxiety and stress that may accompany health issues, such as cardiac conditions, diabetes, chronic pain and cancer. Individuals who may not take advantage of treatment on their own are identified and contacted proactively. AbleTo engages employees in both behavioral coaching and personalized therapy via phone or video twice a week for up to 8 weeks.



Behavioral health in-person visits

Behavioral health care is a service for individuals with specific diagnoses such as clinical depression, bipolar disorder, etc. Substance use disorder treatment benefits also fall under this category. Behavioral health care, typically, is longer term in nature.

The behavioral health benefit can help with ongoing stressful situations, such as:

- Clinical depression
- Bipolar disorder
- Alcohol or drug use disorders
- Domestic violence
- Eating disorders
- Compulsive disorders
- Medication management



Behavioral health virtual visits: myuhc.com®

Behavioral health care from the comfort of home is now more accessible to help employees and their dependents stay healthier and more productive. With UnitedHealthcare, members have access to behavioral health providers, including sessions with licensed psychiatrists, through our video-based technology on our member website, myuhc.com.



Talkspace: talkspace.com/connect

Talkspace is a digital platform offering an alternative to face-to-face therapy that is available to UnitedHealthcare members enrolled in a self-funded plan. Members can interact with a network provider via text, audio/video messaging or live session. Members register first at the website listed. Then, download the app once registered as a UnitedHealthcare member.



Live and work well: liveandworkwell.com

Dedicated member portal with many resources and online Cognitive Behavioral Therapy (CBT)¹ tools. Members can connect via myuhc.com or access directly using their HealthSafe ID[®].



Recovery Record (available through the App Store[®])

This app helps to promote recommended treatment options to help engage and improve outcomes for members with eating disorders. Recovery Record provides members and providers with a way to connect on provider-recommended treatment plans and progress in between regularly scheduled appointments to help improve member engagement and outcomes. Recovery Record is being offered at no additional cost to the provider in order to help promote its use. The patient app provides daily connection to care plan, and the provider app connects the care team to information stored by the patient in the app.



Adolescent Care

Equip: Visit equip.health/providers

Eating disorder treatment that works and delivered at home. Accepting patients from age 6-24. Family based treatment that offers 5-person care team.

Bend Health

For ages 1-17, Bend Health takes a whole-person, whole family approach to mental health. Bend Health offers 3 levels of care; Coaching + Therapy, Coaching + Therapy + Medications, Coaching + Medications Maintenance. Practitioners work as multi-disciplinary teams to address the unique needs of every kid, teen and their family. Members can connect via myuhc.com and search Bend Health.

Charlie Health²

For ages 12-28, Charlie Health offers a virtual intensive outpatient (IOP) program. Once a patient has completed a biopsychosocial evaluation and a psychiatric evaluation, an individualized treatment plan is created to address the unique needs of the patient. Members can connect via myuhc.com and search Charlie Health. **Note²: Charlie Health is not available in every state.**

InStride Health

For ages 7-19, InStride Health provides a continuum of outpatient virtual care (including intensive outpatient treatment) for children and adolescents and their families who are struggling with Anxiety Disorders and OCD. The first step in the referral process (for referring providers or families) is to complete our online application (<https://links.instride.health/app-router>) or call **855-438-8331**.



Self Care from AbleTo¹: Visit ableto.com/begin

On-demand access to self-help for stress and emotional well-being. Get access to self-care techniques, coping tools, meditations and more — anytime, anywhere. With Self Care, you'll get personalized content that's designed to help you boost your mood and shift your perspectives. Tap into tools created by clinicians that are suggested for you based on your responses to a short, optional assessment. Self Care is here to help you feel better —and it's available at no additional cost to you. Visit ableto.com/begin and have your health plan ID card ready.



LGBTQI+

When an individual is considering their options for their gender identity needs, there may be a lot to consider. Whether planning gender affirmation surgery, hormone therapy or facial/body contouring navigating this journey starts with our experienced and caring team of Advocates dedicated to helping our members in the LGBTQI+ community. Call the number on the back of your member ID.

Additional community support can be found by visiting pride365plus.com.



Substance Use Disorder helpline and website: 1-855-780-5995 / liveandworkwell.com

Specialized substance use recovery advocates are available by phone or online to help navigate recovery options.

Ria Health: call 844-928-1184 or visit riahealth.com/how-it-works to learn more or to enroll.

Ria Health is an innovative Telehealth alcohol treatment program that uses medications, online counseling and support to help you reduce the amount you're drinking. Available 24/7

Ria Health offers:

- Physician Guidance: Expert care and support, as well as treatment plans customized to your needs
- Medications That Reduce Alcohol Cravings: FDA approved medications such as naltrexone that are proven to help people quit, or drink less
- Coaching Support: Weekly one-on-one Telehealth meetings with a licensed recovery coach
- Helpful Digital Tools: A Bluetooth-enabled breathalyzer and smartphone app for tracking your progress and managing your care
- Online Group Support: Regular online meetings facilitated by a recovery coach

Monument: www.joinmonument.com

Monument is an in-network virtual provider. Monument offers all-in-one telemedicine the treatment of alcohol use disorder. Monument offers psychotherapy, physician-prescribed medications and peer support.

Note: Monument treatment is currently available in: Arizona, California, Colorado, Connecticut, Florida, Georgia, Iowa, Kentucky, Maryland, Mississippi, New Jersey, New York, Ohio, Oregon, Pennsylvania, South Carolina, Texas, Virginia, Washington, Washington D.C.



988 Suicide & Crisis Lifeline

Life can be challenging. If you or someone you care about is struggling, know that help is available 24 hours a day. The 988 Suicide & Crisis Lifeline connects you to caring support from a trained crisis counselor. There is hope. **Call or text 988 today or visit 988lifeline.org**



¹Self Care by AbleTo 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 within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Self Care may not be available for all groups in District of Columbia, Maryland, New York, Pennsylvania, Virginia or West Virginia and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the Self Care terms of use.

²States in which Charlie Health is licensed / operates include AZ, CA, DE, ID, IL, MD, MT, OR, PA, TX, UT, WA, WY. Data as of April 24, 2023.

AbleTo's Therapy 360 program offers personalized, confidential one-on-one coaching and therapy via phone. With next-day access to a nationwide network of 300+ highly trained, clinically supervised therapists licensed clinical social workers and behavior coaches, our program will give you the tools you may need to improve your daily life. Self-funded customers have the ability to opt out of this program.

Insurance coverage provided by or through UnitedHealthcare Insurance Company of New York, UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Service LLC, United HealthCare Services, Inc. or their affiliates.