

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.



Education

myuhc.com[®] and **UnitedHealthcare**[®] app–

Member website and app designed to educate, increase awareness and help guide members to care resources under Coverage & Benefits tab.

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[®].



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**.



Self-care tools

Calm Health: Visit myuhc.com or calmhealth.com

The Calm Health app brings you a library of support — including mindfulness content and programs created by psychologists — for a variety of health experiences and life stages. This information is designed to help you:

- Learn techniques to improve well-being – Find tools, music and sounds to help you meditate, improve focus, move mindfully and feel calm
- Work toward goals – Join self-guided self-care programs, and track your progress along the way
- Support your mind and body – Access mental health information and support to help you strengthen the mind-body connection



AbleTo® (Telephonic/Video outreach): [Visit ableto.com/explore-more](https://ableto.com/explore-more) 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. 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 register first at the website listed. Then, download the app once registered as a UnitedHealthcare member.



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**



Adolescent Care

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 [Instride Health website](https://www.instridehealth.com) or call **855-438-8331**.



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.