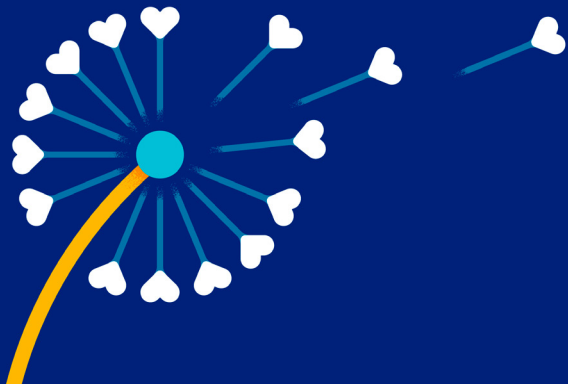


Life may not always be easy. Here are some support tools that may help.

The day-to-day pressures of work, family or everything else on your to-do list may sometimes feel overwhelming. Your plan offers confidential* resources to help with those pressures – and with ongoing mental health concerns such as depression, anxiety, eating disorders, substance use and more.

Ask for help if you need it. Here’s where to start:



Want 24/7 access to someone who may help with topics such as child care, elder care, relationship challenges or the loss of a loved one?	Want an on-demand mobile experience that may help with symptoms of stress, anxiety and depression?	Want to meet with a therapist for an in-person counseling session?	Prefer to connect online with a therapist for a counseling session?	Need mental health support for your adolescent?	Dealing with alcohol, opioid or other substance use issues?	Looking for a list of mental health-related benefits?
Try your UnitedHealthcare Employee Assistance Program (EAP) • 24/7 access to specialists by phone • Designed to help with immediate, short-term needs • Available at no additional cost to you and your covered family members Call the number on the back of your health plan card.	Download Self Care by AbleTo Self Care by AbleTo® provides access to self-care techniques, coping tools, meditations and more – anytime, anywhere. You’ll get personalized content that’s designed to help 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. Download the AbleTo app to your smartphone or other device at the App Store® or Google Play®.	Use your behavioral health in-person benefits** • For help with diagnoses including depression, anxiety, domestic violence, substance use, stress, bipolar disorder, compulsive disorders and eating disorders • Typically longer term • Available to employees enrolled in a UnitedHealthcare medical plan. See your official health plan documents for coverage and copayment information. To find a provider, sign in at liveandworkwell.com. Some services may require authorization. If you have questions, call UnitedHealthcare at the number on the back of your card.	Use behavioral health virtual visits** • Connect using a computer, tablet or smartphone*** • For help with diagnoses including depression, anxiety, domestic violence, substance use, stress, bipolar disorder, compulsive disorders and eating disorders • Typically longer term • Available to employees enrolled in a UnitedHealthcare medical plan. See your official health plan documents for coverage and copayment information. To find a provider, sign in at liveandworkwell.com. Some services may require prior authorization. If you have questions, call UnitedHealthcare at the number on the back of your card.	Mental health resources for teens and adolescents • Adolescence may be a difficult time, and it may come with an increased risk of mental and emotional health issues¹ • UnitedHealthcare offers a wide variety of resources designed to help families, supporting them with challenges they may face. Our large behavioral health network includes providers who specialize in adolescent care, telehealth options and more. Contact UnitedHealthcare at the number on the back of your ID card for the Family Support Program. ¹ World Health Organization. “Adolescent mental health.” who.int/news-room/fact-sheets/detail/adolescent-mental-health. Accessed June 2021.	Get support with a call to the Substance Use Treatment Helpline • 24/7 access to substance use recovery advocates • Advocates listen, offer support and can help develop personalized recovery plans • Includes evaluation of opioid use and help finding medication-assisted treatment • Available at no additional cost for you and your covered family members Call 1-855-780-5955.	Mental health-related resources Find a curated list of mental health-related benefits for the member’s specific plan, that allows for scanning and links to learn more for each benefit. Also navigate to the newly released Care Explorer, for those seeking a more guided experience. Members can view mental health-related benefits resources through the Coverage and Benefits section on myuhc.com.

Need help?

View a curated list of mental health-related benefits through the Coverage and Benefits section on **myuhc.com**®.

*Confidential in accordance with the law.

** Available to employees and dependents enrolled in a UnitedHealthcare health plan.

*** Data rates may apply.

Information provided is of a general nature. It is not meant to replace professional advice or care or imply coverage of specific clinical services or products. Certain limitations on visits and/or treatments may exist. Check your specific benefit plan for details. Virtual visits are not an insurance product, health care provider or health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Behavioral health virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. Certain prescriptions may not be available, and other restrictions may apply. Data rates may apply. The Designated Virtual Visit Provider’s reduced rate for a virtual visit is subject to change at any time.

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