

Your Behavioral Health benefits. Because you matter.

Learn about the mental health care, programs and resources included in your benefit plan. They're all yours, whenever you need them.



Depression, anxiety, substance use disorders, trauma and other mental health conditions affect people from all walks of life. If you—or a loved one—are among those living with a mental health condition, know that there is help available. **Your Behavioral Health benefits give you access** to the care, resources and tools you need to help manage and recover. And it's all part of your health plan.

Mental health conditions are treatable.

We can lead you to knowledgeable, caring professionals who can provide the treatment you need to help you live the kind of life you want and deserve. Whether you're reaching out for help for the first time, have an ongoing struggle or are a caregiver in search of guidance, we can help.

Recovery is an ongoing journey. And your Behavioral Health team will be with you every step of the way.

Benefits designed to help you find your way.

People with mental health conditions need treatment from providers who understand. That's what your Behavioral Health benefits are all about. They include:

- An extensive network of mental health providers around the country.
- Individually tailored treatment plans.
- Faster access to care.
- Online visits to video chat with a provider 24/7.



**You're on a journey.
And we're there
with you.**

CONTINUED

Get information where and when you need it to help support your care:

- 24/7 phone support for questions about your condition and recovery, medication, providers and more.
- Online educational tools, such as **liveandworkwell.com**, a website dedicated to mental health information and resources.
- Help with your bills and mental health claims.
- Privacy and security.

Special needs, special programs.

Your mental health benefits include access to specialized programs and resources that focus on specific needs. These include:

- Case management with ongoing support from a dedicated advocate.
- Substance use helpline for immediate help and direction: **1-855-780-5955**.

Substance use disorders: Hope and healing.

Misuse of drugs or alcohol is not a character flaw or weakness. It is a disease that can be devastating to users and to their families and friends.

But substance use disorders can be treated. And your Behavioral Health benefits include the help and guidance needed to find the right care.

Specialists trained in addressing substance use disorders are available to talk any time, seven days a week. After an evaluation, we'll lead you to the treatment that's right for you. Options may include:

- Inpatient and outpatient treatment.
- Individual and group therapy.
- Medication-assisted treatment (MAT).

Specialized military, veteran, and first responder, information available at liveandworkwell.com



No shame. No judgment.

People with mental illnesses deserve to be treated with the same respect and dignity as those with physical illnesses. These conditions are brain diseases. They can't be cured through willpower or by having a better attitude. We aren't here to scold or lecture. We're here to help in any way we can.

We'll never share your personal information with your employer without your permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.



Contact us any time you have a mental health concern.

Visit: liveandworkwell.com Access code: UHC

For more information, call the number on your health plan ID card.

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The material provided through this program is for your information only. It is provided as part of your health plan. This program is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

Facebook.com/UnitedHealthcare Twitter.com/UHC Instagram.com/UnitedHealthcare YouTube.com/UnitedHealthcare

9/19 ©2019 United HealthCare Services, Inc. WF772565 86326-082018 19-13561

