



## United Healthcare Wellness Resources

### Self-care tools, tips, and resources



These are stressful times. Feeling off-kilter while navigating this new world of COVID-19 telework, homeschooling, and isolation? Take a moment. Take a breath. Take time for self-care. Explore UHC's broad range of self-care resources, including one-on-one programs, articles, and more.

### Taking Care of Yourself

With our new normal, we're staying at home and practicing social distancing — and finding ways to stay positive and healthy is more important than ever. It's not easy. New routines can take time. So be gentle with yourself. Luckily, there are ways to feel connected, engaged and proactive, even during this time.

**Move your body.** Being active can help lift your mood and support your immune system. Walk around the neighborhood (but be sure to keep social distancing). You can also check into at-home fitness resources from your health plan by [signing in to your UHC plan account](#).

**Eat good food.** Enjoy your fruits, vegetables and whole foods. Eating healthy foods is a delicious way to help your body's immune system. It may boost your energy and mood too. Check out UHC's [tips for healthier eating](#) and UHC's [tips for helping you safely shop for groceries](#) during the COVID-19 pandemic.

**Get your rest.** Good sleep is key to good health. Take time to slow down, breathe and sleep well. It's amazing what good rest can do for your emotional health.

### Free Online Wellness Resources

Access these helpful [online wellness resources](#) for tips & articles related to the following:

- managing stress
- healthy eating
- managing depression
- fitness

### Personalized Health Programs

Create an action plan to reach your health goals with UHC's personalized health programs. You will receive one-on-one support and encouragement to help you make healthy changes.

- Quit smoking with [Quit for Life](#)
- Lose weight with [Real Appeal](#), available to you and your covered family members

### Sanvello App



A free on-demand emotional support mobile app called **Sanvello** is available to help you cope with stress, anxiety and depression during the COVID-19 pandemic.

**Free 24/7 Emotional Support Line**

In a stressful time, it can be hard to cope. Talking to someone may help you feel better. UHC’s 24/7 emotional support line is here for you to call any time at **866-342-6892**. This Optum Help Line is staffed by professionally trained mental health experts. It is free of charge and open to anyone.

**Expanded Telehealth**

Telehealth gives you access to health care providers from the comfort of your home. You can use digital audio-visual technologies, like FaceTime, Skype, Zoom or telehealth applications for your visit. UHC expanded access to telehealth to include outpatient behavioral health and physical, occupational and speech therapies to help you stay in your home and reduce exposure to the virus.

**Telehealth visits for 24/7 urgent care**

Virtual Visits are a way to talk with a health care provider online for urgent care needs, 24/7. These visits are ideal for urgent care, like seasonal flu, allergies, pinkeye and more.

**Routine medical care visits**

If you have other care needs, you may be able to schedule a telehealth visit with your local health care provider for both urgent and non-urgent needs. These visits can be for any of the following:

- Urgent care or routine medical care
- Outpatient behavioral care, such as depression, anxiety, addiction, mental health disorders & counseling, ADD/ADHD
- Physical, occupational or speech therapies

**Sign-in** to your UHC account to find a telehealth provider.

If you think you might have been exposed to COVID-19 or have symptoms such as fever, cough or difficulty breathing, be sure to call your doctor right away.

**How to Get Mental Health Support Right Away**

If you need help right away — for yourself or a loved one — call 911 or use the emergency numbers below.

Substance Use Helpline	National Domestic Violence Hotline	National Suicide Prevention Lifeline
1-855-780-5955	1-800-799-7233 1-800-787-3224 (TTY)	1-800-273-8255 1-800-799-4889 (TTY)
If you feel that you or a loved one are experiencing signs of	Call for crisis intervention, information and referrals to	If you or someone you know is in suicidal crisis or emotional distress,



addiction, call the confidential helpline to get 24/7 support and guidance on treatment options and coverage.	local services for victims of domestic violence.	get emergency help right away. Contact the lifeline for 24/7, free and confidential support and crisis intervention.
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### Talking to Children About COVID-19

It can be hard to know what to tell your children about the current situation with COVID-19. UHC offers videos by Dr. Deneen Vojta, Chief Medical Officer at UnitedHealth Group, pediatrician and mom, with [guidance on what to say and how to support your kids during this time](#).

### Additional COVID-19 Resources

UHC's [dedicated COVID-19 preparedness & resources webpage](#) is full of helpful resource links to help you navigate this challenging time. Utilize UHC's COVID-19 [symptom tracker](#), [connect to a telehealth Dr](#), Your health is UHC's top priority.

### Questions?

For more information, visit [www.myuhc.com](http://www.myuhc.com) or contact UHC by phone at **1-800-638-0014**.