

# Behavioral Health and Wellness Resources

## **Medical Plan Participants**

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

### **How to find a mental health provider for in-person and virtual care**

Sign in to myuhc.com® > Find Care & Cost > Mental Health to access **Live and Work Well**

### **How to find and schedule a virtual Behavioral Health visit**

Sign in or register on myuhc.com®. Then, go to Find Care & Cost > Behavioral Health Directory > People > Provider Type > Telemental Health Providers. Call the provider to set up an appointment.

### **Express Access**

Express Access providers offer appointments within just five days of your request.

Sign in or register on myuhc.com®. Then, go to Find Care & Cost > Behavioral Health Directory > People > Provider Type > More Filters > Availability > Express Access Network Provider > Apply

### **Talkspace**

With Talkspace online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. Make progress. No office visit required. Simply register at [www.talkspace.com/connect](http://www.talkspace.com/connect) . After you register, download the Talkspace app on your mobile phone.

*Talkspace is supported by Chrome, FireFox, Safari or Edge browsers on your desktop computer.*

### **Sanvello App**

On-demand help with stress, anxiety and depression. Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime.

#### **3 Steps to Upgrade too Premium for Free:**

Download the app from Google Play or Apple App Store > Open the app > Create an account and choose "upgrade through insurance" > Search for and select UnitedHealthcare, then enter the information available on your UnitedHealthcare medical insurance card.

### **Autism Applied Behavior Analysis (ABA) Family Coaching**

Providers can offer ABA Family Coaching for autism through virtual visits

Family Coaching is one component of ABA that provides support and guidance for family members and caregivers of children with autism. For information, contact member services by calling the number the back of your UHC Medical ID Card.

### **Family Support Program**

Advocate4Me® assigns a highly trained adviser to each family to provide a streamlined experience and personalized, comprehensive support for both medical & behavioral. For information, contact member services by calling the number the back of your UHC Medical ID Card.

## **All Employees**

Below you will find a list of helpful resources to support your mental health well-being.

### **PsychHub Videos On-Demand**

Dig deeper into mental health topics that are important to you at [liveandworkwell.com](https://liveandworkwell.com).

In these short videos from PsychHub, you'll hear personal stories, find out about common symptoms and learn how treatment can help restore health and well-being.

Go to [www.liveandworkwell.com](https://www.liveandworkwell.com), click on "Browse as a guest with a company access code", click on "Forgot your access code (under box)", Select "\*\*\*\*I can't find my benefit provider in this list" (**Note: If you are a UHC Member, sign in using your myuhc.com username and password**). Type "Psych Hub" in the search bar

### **Substance Use**

Call the Substance Use Treatment Helpline at 1-855-780-5955, 24 hours a day to speak with a substance use recovery advocate who will listen, provide support and develop personalized recovery plans. Call the number above or visit [liveandworkwell.com/recovery](https://liveandworkwell.com/recovery) to find care options and resources. The Helpline is available for \$0 out of pocket and completely confidential.

### **Ria Health**

Telehealth treatment for Alcohol Use Disorder. Effective and safe treatment in the privacy of your home, medication-assisted treatment using FDA approved medications that help reduce alcohol cravings, flexible appointments that fit your schedule, weekly 1:1 online coaching with a licensed recovery coach and online group support meetings with a licensed recovery coach. For more information call 866-837-2749 and email [hello@riahealth.com](mailto:hello@riahealth.com).

### **Hazelden Betty Ford Foundation Recovery Services**

Addiction recovery is a one-day-at-a-time commitment that takes tremendous patience and practice—especially when in-person support isn't readily available. That's why many of Hazelden Betty Ford's resources are now offered remotely. Better yet, most are free of charge. Visit [RecoveryGo.org](https://RecoveryGo.org) to learn more about these and other education and support resources.

### **Monument virtual treatment**

Monument's holistic approach utilizes evidence-based practices for the treatment of alcohol use disorder. Monument connects members to therapists specialized in treating substance use disorders, to licensed physicians who can prescribe FDA approved medication for alcohol use disorder if safe and appropriate and facilitates peer connection and accountability through virtual support groups and an anonymous community forum. For more information, contact [partnerships@joinmonument.com](mailto:partnerships@joinmonument.com).

