

Connecting you with the care and support you may need



Your mental health is important. As a UnitedHealthcare® member, you have access to many resources to help improve your emotional and mental well-being, including:



Mental health virtual visits

Connect with a mental health professional using your computer, tablet or smartphone. Visit VirtualVisitsMentalHealth.uhc.com to select a health care provider. They can evaluate and treat conditions such as depression and anxiety, and address substance use concerns¹.



More options for care and support

Optum Behavioral Health includes more than 87,000 network providers offering inpatient and outpatient services, such as therapy, behavioral health assessment and medication management. To get started, call the behavioral health number on your member ID card or visit your member website and select **Find Care**.



Questions? We're here to help.

Please call the Customer Service number on your member ID card.



¹Not all medical conditions can be treated through telehealth. The telehealth doctor or nurse practitioner will identify if you need to see an in-person doctor for treatment. Virtual visits may require a video-enabled smartphone or other device. Not for use in emergencies.

This information is not a complete description of benefits. Call the Customer Service number on the back of your member ID card for more information.

Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

The company does not discriminate on the basis of race, color, national origin, sex, age or disability or participation in health programs and activities.

Plans are insured through UnitedHealthcare® Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in these plans depends on the plan's contract renewal with Medicare.

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