

Providing access to the support your employees need

Life may not always be easy. The day-to-day pressures of work obligations and family dynamics can be overwhelming. UnitedHealthcare benefits include resources that offer support for many issues and concerns. Consider these behavioral health resources when your employees or their family members need support.



AbleTo® (Telephonic/Video outreach): 1-844-622-5386 / AbleTo.com/UHC

Focuses on individuals with unmet behavioral health needs coupled with chronic medical conditions and/or major life events. AbleTo is an evidence based, structured therapy program that helps to strengthen medical recovery and self-care. AbleTo provides virtual support for depression, anxiety and stress that may accompany health issues, such as cardiac conditions, diabetes, chronic pain and cancer. AbleTo identifies and proactively reaches out with a personalized approach to individuals who may not take advantage of treatment on their own. AbleTo engages employees in both behavioral coaching and personalized therapy via phone or video twice a week for up to 8 weeks.

Note: AbleTo is included with fully insured benefit plans.



Behavioral health in-person visits

Behavioral health care is a service for individuals with specific diagnoses such as clinical depression, bipolar disorder, etc. Substance use disorder treatment benefits also fall under this category. Behavioral health care, typically, is longer term in nature.

The behavioral health benefit can help with ongoing stressful situations, such as:

- Clinical depression
- Bipolar disorder
- Alcohol or drug use disorders
- Domestic violence
- Eating disorders
- Compulsive disorders
- Medication management



Behavioral health virtual visits: myuhc.com®

Behavioral health care from the comfort of home is now more accessible to help employees and their dependents stay healthier and more productive. With UnitedHealthcare, members have access to behavioral health providers, including sessions with licensed psychiatrists, through our video-based technology on our member website, **myuhc.com**.



Live and work well: liveandworkwell.com

Dedicated member portal with many resources and online Cognitive Behavioral Therapy (CBT)¹ tools. Members can connect via **myuhc.com** or access directly using their HealthSafe ID®.



Psych Hub videos: liveandworkwell.com (under Popular Tools section)

Educational video resources for understanding behavioral health topics. With shame and stigma often being reasons for non-treatment,² the Psych Hub videos are meant to help educate members on a variety of behavioral health topics, as well as increase their understanding of care options and support overall awareness. These educational videos can also be shared to help support overall awareness.



Recovery Record (available through the App Store®)

This app helps to promote recommended treatment options to help engage and improve outcomes for members with eating disorders. Recovery Record provides members and providers with a way to connect on provider-recommended treatment plans and progress in between regularly scheduled appointments to help improve member engagement and outcomes. Recovery Record is being offered at no additional cost to the provider in order to help promote its use. The patient app provides daily connection to care plan, and the provider app connects the care team to information stored by the patient in the app.



Sanvello™ (available through the App Store)

A digital self-help app based on CBT principles and mindfulness meditation, giving members strategies and resources to help them manage mental health concerns. Members download the app and log in. Premium content is provided at no additional cost for UnitedHealthcare members. Sanvello also offers coaching and cross-carrier solutions for an additional cost. Learn more at bcove.video/2KuTrVX.



Substance Use Disorder helpline and website: 1-855-780-5995 / liveandworkwell.com

Specialized substance use recovery advocates are available by phone or online to help navigate recovery options.



Talkspace: talkspace.com/connect

Talkspace is a digital platform offering an alternative to face-to-face therapy that is available to UnitedHealthcare members enrolled in a self-funded plan. Members can interact with a network provider via text, audio/video messaging or live session. Members register first at the website listed. Then, they download the app once registered as a UnitedHealthcare member.

Note: Talkspace is available for self-funded clients only.



¹Cognitive Behavioral Therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems, including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders and severe mental illness. apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral. Accessed May 28, 2021.

²bhsonline.com/ending-mental-health-stigma-in-the-workplace/. Accessed June 23, 2021.

App Store is a registered trademark of Apple, Inc. All trademarks are the property of their respective owners.

The Sanvello Mobile Application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello Mobile Application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. Please discuss with your doctor how the information provided may be right for you. Premium access is available for members at no additional cost as part of their benefit plan. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the terms of use contained in the application.

AbleTo's Therapy 360 program offers personalized, confidential one-on-one coaching and therapy via phone. With next-day access to a nationwide network of 300+ highly trained, clinically supervised therapists licensed clinical social workers and behavior coaches, our program will give you the tools you may need to improve your daily life. Self-funded customers have the ability to opt out of this program.

Insurance coverage provided by or through UnitedHealthcare Insurance Company of New York, UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Service LLC, United HealthCare Services, Inc. or their affiliates.