

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)

AbleTo® focuses on individuals with unmet behavioral health needs coupled with chronic medical conditions and/or major life events. This evidence based, structured therapy program 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. Individuals who may not take advantage of treatment on their own are identified and contacted proactively. Other eligible members can access Self Care from AbleTo at myuhc.com > **Health & Wellness** > **Health Resources** > **Programs**. AbleTo engages employees in both behavioral coaching and personalized therapy by phone or video twice a week for up to 8 weeks.



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:

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



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 through myuhc.com or access directly using their HealthSafe ID®.



Videos, articles, resources: liveandworkwell.com (under Learn section)

Educational videos and other resources for understanding behavioral health topics. With shame and stigma often being reasons for non-treatment,² the Learn section is meant to help members explore and better understand a variety of behavioral health topics and care options, as well as support overall awareness.



Substance Use Disorder helpline and website: 1-855-780-5955 / liveandworkwell.com

Specialized substance use recovery advocates are available by phone or online to help navigate recovery options. Support is confidential and available 24/7.



Talkspace: talkspace.com/connect

Talkspace is a digital platform offering an alternative to face-to-face therapy that is available to participants of a UnitedHealthcare self-funded plan. Eligible participants can interact with a network provider through text, audio/video messaging or a live session. Registration on talkspace.com/connect as a UnitedHealthcare plan participant (member) is required before participants download the app.

In case of an emergency, employees can call 911 or the National Suicide Prevention Lifeline at 988

Learn more

Ask your UnitedHealthcare representative for materials to distribute at your workplace



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 April 22, 2024.

²bhsonline.com/ending-mental-health-stigma-in-the-workplace/. Accessed April 22, 2024.

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.

All UnitedHealthcare members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.

"Members" may also refer to participants of a self-funded (Administrative Services Only; ASO) plan administered by UnitedHealthcare. 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.