

# With quicker access to behavioral health care, you get help when and where you need it.



## Telemental Health offers private appointments from the comfort of home.

Some people who need behavioral health care may not receive it because it can be difficult to find a provider or get a timely appointment.

Telemental Health may be a good solution — and it's already part of your health care benefits. This service uses video-calling technology to provide real-time access to a behavioral health professional — with no travel and less wait time for appointments.

### The value of Telemental Health.

- Included as part of your company's behavioral health benefits through UnitedHealthcare.
- Helps give you convenient access to care.
- Features the largest nationwide proprietary network<sup>1</sup> of over 3,000 Telemental Health providers in all 50 states.

Secure technology meets or exceeds American Telemedicine Association (ATA) and Health Insurance Portability and Accountability Act (HIPAA) security standards.



To learn more or schedule a Telemental Health visit, open [myuhc.com](http://myuhc.com)<sup>®</sup> and click on Mental Health to go to [LiveandWorkWell.com](http://LiveandWorkWell.com).

People who access care more quickly may be more likely to engage in their treatment and have better outcomes.



**4.38 out of 5**

are satisfied with provider.<sup>2</sup>



**4.35 out of 5**

overall patient experience.<sup>2</sup>

Virtual Visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations.

1. Based on Optum<sup>®</sup> competitive analysis (2016).
2. Genoa Telepsychiatry Survey (Jan 2017) across all behavioral health members who utilized telemental health services from 11/1/2016 to 12/31/2016.

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