



Emotional Well Being Support

Behavioral Health Virtual Visits

Reaching out for help may be easier from the privacy of your home. Using your computer or phone*, access confidential counseling from a licensed therapist for conditions like ADD/ADHD, anxiety, mental health disorders, addiction and depression.

Includes: Private video session Support for adults, children, and teens, including diagnosis, treatment, and medication, if necessary The same standard of care as in-person visits, allowing you to maintain a consistent relationship with your therapist

Get started at myuhc.com > [Virtual Care](#) > [Virtual Behavioral Health Care](#)

Help is available for members with autism

Special support is also available if you or a covered dependent is diagnosed with autism. The Enhanced Autism Program is a unique program that includes Applied Behavior Analysis (ABA) therapy and provides a specialized autism care management team to personally help you and your family.

Talkspace

Communicate with a licensed therapist via live video using your phone or desktop computer. No office visit is required, and you can start therapy within hours of choosing a therapist. It's confidential and convenient. Your behavioral health benefit applies as an office visit. Register at [Connect Talkspace](#).

Mental health support

Calm Health is available through your benefits plan at no additional cost to you. This means you'll have access to the widely recognized mental well-being Calm app, which offers resources for sleep, meditation and mindfulness With 24/7 access to digital content, you can set your own pace on the path toward a healthier you as you get help with information to meet goals like better sleep, building skills to manage stress, developing resiliency and start building a mindfulness habit.

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

We provide free services to help you communicate with us, such as letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your ID card TTY 711, Monday–Friday, 8 a.m.–8 p.m. ET

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

請注意：如果您說中文 (Chinese), 我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員 電話號碼。

SHBP Open Enrollment

Administrative services provided by United HealthCare Services, Inc. or their affiliates.