



# For life's challenges, support is here

At UnitedHealthcare, we believe that care shouldn't stop at physical health. That's why we offer behavioral health resources that can help support your path toward mental and emotional well-being.



## Behavioral health is health

Behavioral health is about more than just mental health: It includes addiction issues, anger management, coping with grief, dealing with stress and other challenges. It's an important part of your overall well-being – because how you feel matters, and caring support from behavioral health providers is a part of your plan.

## Resources for better, brighter days

Get connected to self-care digital tools, behavioral health providers (in-person or virtual) and other helpful resources.

| Looking for self-guided mental health support at your own pace?                                                                                                                                                                                                                                                                                                                                     | Dealing with life transitions and could use some support or guidance?                                                                                                                                                                                                                                                                                                                                                 | Have a concern that needs long-term support from a licensed therapist?                                                                                                                                                                                                                                                                                                        |
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| <b>Calm Health</b><br>Available through your benefits at no additional cost to you, Calm Health includes content and programs created by psychologists to help you work toward well-being goals like: <ul style="list-style-type: none"><li>• Better sleep</li><li>• Building skills to manage stress</li><li>• Developing resiliency</li><li>• Starting and building a mindfulness habit</li></ul> | <b>Employee Assistance Program (EAP)</b><br>Your EAP offers up to 3 provider visits for \$0 by phone and in-person counseling sessions for short-term support and advice to help with: <ul style="list-style-type: none"><li>• Stress, anxiety and depression</li><li>• Personal challenges, including substance abuse and relationships</li><li>• Work/life balance, including legal and financial support</li></ul> | <b>Behavioral health provider</b><br>Connect virtually or in-person with a licensed therapist, counselor, psychologist or psychiatrist for ongoing support to help with: <ul style="list-style-type: none"><li>• Bipolar and neuro-development disorders</li><li>• Compulsive habits and eating disorders</li><li>• Substance abuse, medication management and more</li></ul> |



Visit [uhc.app/calm](https://uhc.app/calm) and follow the steps to get started with Calm Health



Call 1-888-887-4114 for 24/7 in-the-moment phone support or to schedule in-person counseling with a masters-level EAP specialist



Answer a few questions and find support at [myuhc.com/mh-recommendations](https://myuhc.com/mh-recommendations) or call the number on your health plan ID card

United  
Healthcare®



Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. The use of Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care, or treatment of a medical condition should be directed to your physician or health care provider. Calm Health is a mental wellness product, and is not intended to make any mental health recommendations or give clinical advice. Calm Health is not available to UnitedHealthcare E&I Fully Insured customers/members in District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Virginia, and West Virginia due to regulatory filings. Employee benefits including group health plan benefits may be taxable benefits unless they fit into specific exception categories. Please consult with your tax specialist to determine taxability of these offerings. Images provided for illustrative purposes only. Members must be 16 years or older to use the services, unless a parent or legal guardian agrees to Calm "Terms." The parent or legal guardian of a user under the age of 16 is subject to the "Terms" and responsible for their child's activity on the services.

The material provided through this program is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided may be right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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