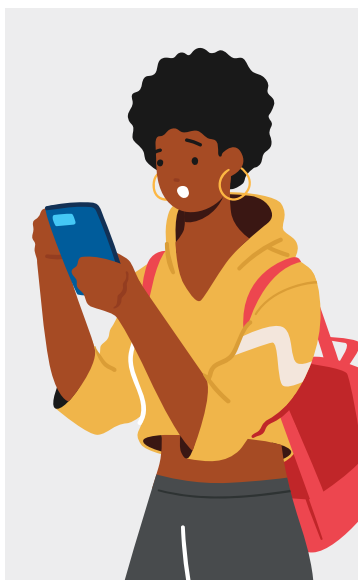


UMR's Enhanced Behavioral Health CARE

Get back into the swing of things

Managing a behavioral health or substance use condition takes patience and a gentle approach to caring for yourself.



We guide you on a journey of positive change, one step at a time

The Enhanced Behavioral Health CARE program is here to help members who have behavioral health or substance use challenges. This program offers information and support, including access to personal CARE nurses. We want to help you take control of your well-being.

Sign into your member account on umr.com to learn more about what the program supports and access materials available in other languages.

This program is available to adults and children enrolled in a medical plan who have one or more of the following conditions or concerns:

- Addiction or substance use
- Anxiety or depression
- Behavioral disorders — obsessive-compulsive disorder (OCD), etc.
- Eating disorders
- Gender identity challenges
- Learning disabilities — attention deficit hyperactivity disorder (ADHD), etc.
- Sleep disorders
- Thought disorders — schizophrenia, psychosis, etc.
- Other ongoing behavioral health conditions

You're not alone

According to the National Institute of Mental Health, approximately 1 in 5 U.S. adults lives with a mental or behavioral health condition. We're here to help.

With effective treatment and emotional support, you can:

- Feel better and do more
- Improve your mental and physical health
- Reduce or eliminate the need for medications
- Lower your long-term health risks

The Enhanced Behavioral Health CARE program is available at no cost to you.

Personal CARE nurse

Individuals with one or more conditions may be invited to work with a CARE nurse 1-on-1. Or you can self-enroll at any time.

Our CARE nurses are ready to provide you with customized guidance and support, wherever you are in your health journey. They are informed, compassionate listeners who can answer your questions and help you improve your daily life.

CARE nurses can help you:

- Address and overcome barriers to care
- Get answers to your questions
- Understand your provider's treatment plan or instructions for care — and help you stick to it



Get started!

Enroll now in the **UMR Enhanced Behavioral Health CARE** program.

Sign into your member account on **umr.com** and from the **Health center**, select **Behavioral health**.



Scan the QR code.

Or call us toll-free at **844-598-7539**.