



# Now it's easier than ever to see a behavioral health professional.

Behavioral health virtual visits provide quick and easy access to behavioral health professionals from your mobile device\*, tablet or computer.

## The value of behavioral health virtual visits:

- You can connect with a provider from the comfort of home.
- Convenient appointment times accommodate busy schedules.
- They're part of your behavioral health benefit through UnitedHealthcare. Costs and coverage may vary—please check your benefits for details.

## Use a behavioral health virtual visit for needs such as:

- Depression
- Anxiety
- ADD/ADHD
- Addiction
- Mental Health Disorders and Counseling

## To schedule a behavioral health virtual visit:

### 1 Visit [myuhc.com](https://myuhc.com)®

Visit [myuhc.com](https://myuhc.com) and sign in or register for an account.

### 2 Find a doctor.

Click Find a Doctor > Mental Health Directory > People > Provider Type > Telemental Health Providers.

### 3 Refine your search.

Refine search as needed, and choose a provider with the “telemental health provider” designation.

### 4 Call the provider.

Call the provider to set up a time.

\* Data rates may apply.

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.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

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

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