



# 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 to anger management, coping with grief to 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.

**Feeling down and want to explore self-care tools and tips?**

### Sanvello™ Mobile App

Sanvello, a psychologist-developed app, offers 24/7 support. Track your daily mood, access in-the-moment coping strategies, build life skills, and join peer communities for on-demand support to help with:

- Stress, anxiety, and depression

**Dealing with life transitions and could use some support or guidance?**

### Employee Assistance Program

Your Employee Assistance Program (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:

- Stress, anxiety, and depression
- Personal challenges, including substance abuse and relationships
- Work/Life balance, including legal and financial support

**Have a concern that needs long-term support from a licensed therapist?**

### Behavioral Health Provider

Connect virtually or in-person with a licensed therapist, counselor, psychologist, or psychiatrist for ongoing support to help with:

- Bipolar and neuro-development disorders
- Compulsive habits and eating disorders
- Substance abuse, medication management, and more



**Download Sanvello from the App Store® or Google Play™**

Check your coverage and upgrade to Sanvello Premium at no additional cost to you with the information on your health plan ID card.



**Call 1-888-887-4114 for 24/7 phone support or to schedule in-person counseling**



**Find a provider at [myuhc.com](https://myuhc.com) or call the number on the back of your health plan ID card**

**United  
Healthcare**

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The Sanvello Mobile Application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello Mobile Application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. Please discuss with your doctor how the information provided may be right for you. Premium access is available for members at no additional cost as part of their benefit plan. Sanvello premium is not available for all groups in New York and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the terms of use contained in the Application.

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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