

Life isn't always easy, but getting support is

The day-to-day pressures of work, family and everything else can feel overwhelming and take a toll on both your physical and mental health. Asking for mental health help isn't a sign of weakness; it's healthy to ask for help. Here's where to start:



Confidential, accessible resources to help you feel better, live better and be better

	myuhc.com	Live and Work Well	Self Care	Behavioral health in-person and virtual visits	Substance Use Disorder Helpline
Services and eligibility	Health plan website with mental health benefits and resources information including: - Self-care courses and tools - Coaching, counseling and therapy coverage information - Parenting and caregiving tools and services - Substance use resources	- Website with content and education about mental health, substance abuse, well-being and more - Navigation tool to improve and personalize care guidance	- An app from AbleTo® available as part of your UnitedHealthcare medical plan* - Digital on-demand help for stress and emotional well-being, including: - Daily mood tracking - Meditation tools - Collections with curated content, tools and resources - Personalized roadmap to track progress and set goals	- Available as part of your UnitedHealthcare medical plan - Longer-term in-person counseling and support - Some services may require authorization for coverage; call UnitedHealthcare for more information	- Available to all CalPERS members and their families 24/7 access to substance use recovery advocates who will listen, provide support and help develop personalized recovery plans - Support for opioid use, including evaluation and help finding a medication-assisted treatment option
When to use	For quick, confidential, 24/7 self-service access to mental health resources	For quick, confidential, 24/7 self-service access to mental health resources	- Stress - Emotional well-being	- Clinical depression - Bipolar disorder - Alcohol or drug abuse - Domestic violence - Eating disorders - Compulsive disorders - Medication management - And more	Excessive and compulsive use of alcohol or any drugs

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Print or save this document for easy reference.



	myuhc.com	Live and Work Well	Self Care	Behavioral health in-person and virtual visits	Substance Use Disorder Helpline
Costs	No additional cost for this resource.	No additional cost for this resource.	No additional cost for this resource.	Costs are based on the mental health benefit for the medical plan in which you're enrolled. Please call UnitedHealthcare for assistance.	No additional cost for this resource.
Access/Connect	- Visit myuhc.com > Coverage & Benefits > Mental Health - Select <i>View all mental health coverage</i>	- Visit myuhc.com > Coverage & Benefits > Mental Health - Select <i>View all mental health coverage > Live and Work Well by Optum®</i>	- Visit ableto.com/begin and have your health plan ID handy - Follow steps to sign up and begin your self-care program	- Call UnitedHealthcare at 1-877-359-3714 - Sign in to myuhc.com® and select <i>Find Care & Costs > Behavioral Health Providers</i>	Call 1-855-780-5955

Not sure where to start?

Call an advocate at **1-877-359-3714**, TTY **711**, 8 a.m. – 8 p.m. PT, Monday – Friday for guidance. Or to learn more about your behavioral health benefits, go to myuhc.com > Coverage & Benefits > Mental Health.



988 Suicide and Crisis Lifeline

Free and confidential emotional support 24 hours a day, 7 days a week for anyone in suicidal crisis or emotional distress. Call or text **988** or visit 988lifeline.org.

*Self Care by AbleTo 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 within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Self Care may not be available for all groups in District of Columbia, Maryland, New York, Pennsylvania, Virginia or West Virginia 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 Self Care terms of use.

**Data rates may apply.

Information provided is of a general nature. It is not meant to replace professional advice or care or imply coverage of specific clinical services or products. Certain limitations on visits and/or treatments may exist. Check your specific benefit plan for details. 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. Certain prescriptions may not be available, and other restrictions may apply. Data rates may apply. The Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

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