



In this uncertain time, you're not alone.

As COVID-19 continues to impact us all, you may be feeling more stress and anxiety than usual—and it may be difficult to leave your home for therapy appointments due to social distancing or quarantine. We're here to help you manage possible coronavirus anxiety with 2 ways to get emotional support at home.

1 Connect with a provider using behavioral health virtual visits.

Using behavioral health virtual visits, you can talk confidentially to a psychiatrist or therapist without leaving your home. These providers can evaluate and treat general mental health conditions such as depression and anxiety—and, when appropriate, prescribe medications.* For eligible members, this may be available at no cost to you. To schedule an appointment:

- Sign in to liveandworkwell.com.
- Select **Find a Resource > virtual visits**.
- Choose **Get Started**. You can schedule an appointment online or by phone.

2 Get tools to manage possible stress and anxiety with the Sanvello app.

Access clinically tested techniques, coping tools and community support to help dial down possible symptoms of stress, anxiety and depression—anytime. The Sanvello™ app gives you premium access at no cost, plus ways to relax, be present and stay focused, right at your fingertips.



Download the free Sanvello app.



As COVID-19 continues to evolve, we're here for you. Visit myuhc.com/covid to keep up to date and informed on your coverage options.



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. Available to all UnitedHealthcare members at no additional cost as part of their benefit plan. Participation in the program is voluntary and subject to the terms of use contained in the Application ©Optum 2019. All rights reserved.

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The benefits described on this website describe federal requirements and UnitedHealthcare national policy, additional benefits may be available in some states and under some plans.

If you or your provider does not have the technology required for a video-enabled session, telephonic therapy is allowed at least until April 30, 2020. Speak with your provider about conducting a video-enabled or telephonic visit to continue receiving treatment.

UnitedHealthcare does not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply. Also, certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services. **If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911 or 1-800-SUICIDE (784-2433) or 1-800-273-TALK (8255).**

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