



United Behavioral Health We're here to help.

Sometimes the challenges you face can feel like too much to handle.

Your UnitedHealthcare benefits include services provided by United Behavioral Health (UBH). UBH provides confidential support for a wide range of personal issues – from everyday challenges to more serious problems. UBH is available around the clock, whenever you need it.

United Behavioral Health can:

- Answer questions about mental health and substance abuse concerns (in potentially life threatening emergencies, always call 911).
- Provide names of participating clinics, counselors and doctors near you.
- Monitor treatment progress and ensure you receive the best services possible.
- Help resolve problems or concerns you may have with your treatment.

You have access to a wide range of support services for various concerns, including:

- Depression, stress and anxiety
- Parenting and family problems
- Childcare and eldercare stress
- Relationship difficulties
- Substance abuse and recovery
- Dealing with domestic violence
- Eating disorders
- Balancing work and life issues
- And more

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Healing health care. Together.[™]

UBH is accredited by the Joint Commission on Accreditation of Healthcare Organizations and the Utilization Review Accreditation Commission.

One toll-free call is all it takes to talk to someone about your situation. UBH's trained staff has the knowledge and experience to connect you with the resources that match your unique needs. And, since we care about your privacy, all information is kept confidential according to state and federal laws.

The UBH national network includes over 80,000 licensed and certified professionals including:

- Counselors
- Psychologists
- Psychiatrists
- Social Workers

We also provide both inpatient and outpatient treatment at over 3,600 locations.

There is no charge for referrals or seeing a network provider. Additional service may require pre-authorization and a copayment. Please refer to your benefit summary for details.

To learn more about UBH services, call the number on the back of your ID card or visit www.liveandworkwell.com.

Insurance coverage provided by or through United HealthCare Insurance Company or its affiliates.

Administrative services provided by or through United HealthCare Insurance Company, United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.

Health Plan coverage provided by or through: United HealthCare of Alabama, Inc., United HealthCare of Arizona, Inc., United HealthCare of Arkansas, Inc., United HealthCare of Colorado, Inc., UnitedHealthcare of Florida, Inc., Neighborhood Health Partnership, Inc., United HealthCare of Georgia, Inc., UnitedHealthcare of Illinois, Inc., United HealthCare of Kentucky, Ltd., United HealthCare of Louisiana, Inc., UnitedHealthcare of the Mid-Atlantic, Inc., MD-Individual Practice Association, Inc. (M.D. IPA), Optimum Choice, Inc., United HealthCare of the Midlands, Inc., United HealthCare of the Midwest, Inc., United HealthCare of Mississippi, Inc., UnitedHealthcare of New England, Inc., UnitedHealthcare of New Jersey, Inc., UnitedHealthcare of New York, Inc., UnitedHealthcare of North Carolina, Inc., United HealthCare of Ohio, Inc., United HealthCare of Tennessee, Inc., UnitedHealthcare of Texas, Inc., United HealthCare of Utah, UnitedHealthcare of Wisconsin, Inc., UnitedHealthcare Plan of the River Valley

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