



Guiding employees to mental health care

We are laser-focused on guiding people to the right care across a full range of behavioral health solutions. Because of the rising demand for mental health care, we've created an integrated ecosystem of resources for employees and their families.

Support across the behavioral health spectrum

Through clinical knowledge and data analytics, we use a segmentation model to help identify how to best serve people's needs. We use population categories to build capabilities along the continuum, which enable us to create evidence-based care options that lead to better outcomes as quickly as possible. Tailored guidance helps people find support that is based on their clinical needs and preferences.



Focusing our efforts on foundational areas

We're committed to helping ensure everyone has access to tailored, appropriate behavioral health care whenever they need it.

Our approach is built on:

Using health literacy to help people better understand their mental health and the support available to them



Creating greater access to care by growing our provider network and expanding our care options



Guiding employees every step of the way through simple and supportive navigation



Connecting employees to quality care through measurement-based approaches and clinical partnerships

By focusing on these areas, we offer employees and their families a flexible, guided experience that meets them where they are and evolves alongside them as their needs may shift over time.

Putting quality first

42%

reduction in anxiety through virtual behavioral coaching¹

14%

lower readmission rates per inpatient episode²

\$2,991

average savings per inpatient episode³

[Learn more](#)

Contact your UnitedHealthcare representative

**United
Healthcare**

¹ Data represent mean individual percentage change in PHQ-9, GAD-7 and SPIN scores among a cohort of participants that consecutively initiated use between Jan. 1, 2020, and June 30, 2020, and completed at least 3 modules.

² Members referred to a network Platinum facility; savings reflect the difference in mean readmission rates between Platinum facilities and non-Platinum facilities (2021 data); Mao, May 2022.

³ Members referred to a network Platinum facility; savings reflect the difference in mean paid per admission between Platinum facilities and non-Platinum facilities (2021 data); Mao, May 2022. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.