



# 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 coaching<sup>1</sup>

**14%**

lower readmission rates per inpatient episode<sup>2</sup>

**\$2,991**

average savings per inpatient episode<sup>3</sup>

[Learn more](#)

Contact your UnitedHealthcare representative

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<sup>1</sup> 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.

<sup>2</sup> 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.

<sup>3</sup> 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.