



# For life's challenges — support is here



We believe that care shouldn't stop at physical health. That's why your Oxford plan includes behavioral health resources that can help support your path toward mental and emotional well-being.

## Behavioral health is health

Behavioral health is about more than just mental health: It includes addiction issues, anger management, coping with grief, dealing with stress and other challenges. It's an important part of your overall well-being – because how you feel matters, and caring support from behavioral health providers is a part of your plan.

## Resources for better, brighter days

Get connected to self-care digital tools, behavioral health providers (in-person or virtual) and other helpful resources.

Looking for self-guided mental health support at your own pace?	Have a concern that needs long-term support from a licensed therapist?
<p><b>Calm Health</b></p> <p>Available through your benefits plan, Calm Health includes content and programs created by psychologists to help you work toward well-being goals like:</p> <ul style="list-style-type: none"> <li>• Better sleep</li> <li>• Building skills to manage stress</li> <li>• Developing resiliency</li> <li>• Starting and building a mindfulness habit</li> </ul>	<p><b>Behavioral health provider</b></p> <p>Connect virtually or in-person with a licensed therapist, counselor, psychologist or psychiatrist for ongoing support to help with:</p> <ul style="list-style-type: none"> <li>• Bipolar and neuro-development disorders</li> <li>• Compulsive habits and eating disorders</li> <li>• Substance abuse, medication management and more</li> </ul>



Visit [uhc.app/calm](https://uhc.app/calm) and follow the steps to get started with Calm Health



Answer a few questions and find support at [myuhc.com/mh-recommendations](https://myuhc.com/mh-recommendations) or call the number on your health plan ID card



Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. If participants feel their condition is severe and needs attention, they are instructed to contact their treating provider or mental health therapist for help. Employee benefits including group health may be taxable benefits unless they fit into specific exception categories. Please consult with your tax specialist to determine taxability of these offerings. Members must be 13 years or older to use the services, unless a parent or legal guardian agrees to Calm "Terms." The parent or legal guardian of a user under the age of 13 is subject to the "Terms" and responsible for their child's activity on the services.

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