

Providing access to the support your employees need

Life may not always be easy. The day-to-day pressures of work obligations and family dynamics can be overwhelming. Oxford¹ benefits include resources that offer support for many issues and concerns. Consider these behavioral health resources when your employees or their family members need support.



Behavioral health in person visits

Behavioral health care is a service for individuals with specific diagnoses such as clinical depression, bipolar disorder, etc. Substance use disorder treatment benefits also fall under this category. Oxford members have access to more than **19,000**² behavioral health providers offering in-person care throughout the Oxford service area.³

The behavioral health benefit can help with ongoing stressful situations, such as:

- Alcohol or drug disorders
- Bipolar disorder
- Clinical depression
- Compulsive disorders
- Domestic violence
- Eating disorders
- Medication management



Behavioral health virtual visits: myuhc.com[®]

Behavioral health care from the comfort of home is now more accessible to help employees and their dependents stay healthier and more productive. With Oxford, they have access to **more than 7,100** behavioral health providers,⁴ including sessions with licensed psychiatrists, offering virtual care throughout the tristate area. Our video-based technology platform is accessible through our member website, myuhc.com.



Live and work well: liveandworkwell.com

Dedicated member portal with many resources and online Cognitive Behavioral Therapy (CBT)⁵ tools. Members can connect via myuhc.com or access directly using their HealthSafe ID[®]



+24%

That's how much our tristate behavioral provider network grew in the last year.²



Psych Hub videos: liveandworkwell.com (under Popular Tools section)

Educational video resources for understanding behavioral health topics. With shame and stigma often being reasons for non-treatment,⁶ the Psych Hub videos are meant to help educate members on a variety of behavioral health topics, as well as increase their understanding of care options, and support overall awareness. These educational videos can also be shared to help support overall awareness.



Recovery Record (available through the App Store[®])

The Recovery Record app provides members with eating disorders and their providers with a way to connect on recommended treatment plans and progress in between regularly scheduled appointments to help improve member engagement and outcomes. Recovery Record is being offered at no additional cost to the provider in order to help promote its use and there is no additional cost to participating members. The app provides members with daily connection to a care plan, while connecting the care team to information stored by the patient in the app.



Substance Use Disorder helpline and website: (855) 780-5995 / liveandworkwell.com

Specialized substance use recovery advocates are available by phone or online to help navigate recovery options.



¹Oxford insurance products are underwritten by Oxford Health Insurance, Inc. Oxford HMO products are underwritten by Oxford Health Plans (NJ), Inc. and Oxford Health Plans (CT), Inc.

²Optum Behavioral Health Solutions Provider Network Summary Report, May 14, 2021.

³The Oxford service area includes Connecticut, New Jersey and the following counties in New York: Bronx, Dutchess, Kings, Nassau, New York, Orange, Putnam, Queens, Richmond, Rockland, Suffolk, Sullivan, Ulster and Westchester.

⁴Optum Health Specialty Networks, Telehealth Report, as of May 13, 2021.

⁵Cognitive Behavioral Therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness. apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral. Accessed May 28, 2021.

⁶bhsonline.com/ending-mental-health-stigma-in-the-workplace/. Accessed June 23, 2021.

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