



# Stressed? Anxious? With virtual therapy, getting help may now be easier than ever.



Reaching out may be hard—especially if you might not want anyone to know you’re hurting. From the privacy of home and the convenience of your mobile device\* or computer, you can receive caring support from a licensed therapist.

## Virtual therapy offers confidential counseling and includes:

### Private video sessions

Get 1-on-1 support—in your home and at a time that’s convenient for you.

### Help with coping—for children, teens and adults

Your licensed therapist may provide a diagnosis, treatment and medication if needed.

### Similar standard of care as in-person visits

You can see the same therapist with each appointment and establish an ongoing relationship.

### Virtual therapy is designed to help treat conditions like:

- ADD/ADHD
- Anxiety
- Mental health disorders
- Addiction
- Depression

## 7K+ providers

Licensed in the Oxford Connecticut, New York and New Jersey tristate service area.<sup>1</sup> This helps make virtual visits for mental health care a quicker care option for the whole family, including teens and children.

## To find a provider and schedule a visit

Sign in or register on [myuhc.com](https://myuhc.com)<sup>®</sup>. Then, go to **Find Care & Costs > Virtual Care > Behavioral Health Care > Get Started** and call the provider to set up an appointment. Or call the telephone number on your health plan ID card.



\*Data rates may apply.

<sup>1</sup>Internal Analysis. Optum Health Specialty Networks, Telehealth Innovation Reporting, 5/21.

Costs and coverage may vary. Check your plan for details.

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