

COVID-19 (coronavirus): Accessing behavioral health treatment



During this challenging time, it may be difficult to leave your home for therapy appointments due to social distancing or quarantine.

Using virtual visits, clinicians can evaluate and treat general mental health conditions, such as depression and anxiety. When appropriate, they can prescribe medications.* Treatment is provided by psychiatrists and therapists who are part of the Optum behavioral health network.

Optum virtual visits removes barriers to accessing care:

- Confidential appointments that work with your lifestyle
- Over 8,500 providers
- Secure, HIPAA-compliant technology

Take the first step and register today.



Log on to
liveandworkwell.com
Use your company access code.



Under "Find a Resource",
select **"virtual visits"**.



Find a provider in your state and
schedule an appointment online
or call to get set up.

If you or your provider does not have the technology required for a video-enabled session, telephonic therapy is allowed at least until April 30, 2020. Speak with your provider about conducting a video-enabled or telephonic visit to continue receiving treatment.

*As per state telehealth rules and regulations.

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Optum does not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply. Also, certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services. **If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911 or 1-800-SUICIDE (784-2433) or 1-800-273-TALK (8255).**

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