

Life isn't always easy, but getting support is

The day-to-day pressures of work, family and everything else can feel overwhelming and take a toll on both your physical and mental health. Asking for mental health help isn't a sign of weakness; it's healthy to ask for help. Here's where to start:



Confidential, accessible resources to help you feel better, live better and be better

	myuhc.com®	Live and Work Well	Calm Health	Behavioral health in-person and virtual visits	Substance Use Disorder Helpline
Services and eligibility	<p>Health plan website with mental health benefits and resources information including:</p> <ul style="list-style-type: none"> • Self-care courses and tools • Coaching, counseling and therapy coverage information • Parenting and caregiving tools and services • Substance use resources 	<ul style="list-style-type: none"> • Website with content and education about mental health, substance abuse, well-being and more • Navigation tool to improve and personalize care guidance 	<p>Access the most popular features of the Calm app and much more with Calm Health. Choose tools that may help you achieve your well-being goals:</p> <ul style="list-style-type: none"> • Meditations: Follow along with guided practices • Work: Avoid burnout and focus better at work • Move: Move mindfully and stretch gently • Music: Helps you focus, relax and sleep • Sleep: Get more restful sleep and wake up feeling refreshed • Soundscapes: Calming sounds that help you relax, sleep, work or study 	<ul style="list-style-type: none"> • Available as part of your UnitedHealthcare medical plan • Longer-term in-person counseling and support • Some services may require authorization for coverage; call UnitedHealthcare for more information 	<ul style="list-style-type: none"> • Available to all State of Maryland employees and household members • 24/7 access to substance use recovery advocates who will listen, provide support and help develop personalized recovery plans • Support for opioid use, including evaluation and help finding a medication-assisted treatment option
When to use	<ul style="list-style-type: none"> • For quick, confidential, 24/7 self-service access to mental health resources 	<ul style="list-style-type: none"> • For quick, confidential, 24/7 self-service access to mental health resources 	<ul style="list-style-type: none"> • Better sleep • Building skills to manage stress • Developing resiliency • Starting and building a mindfulness habit 	<ul style="list-style-type: none"> • Alcohol or drug use • Bipolar disorder • Clinical depression • Compulsive disorders • Domestic violence • Eating disorders • Medication management • And more 	<ul style="list-style-type: none"> • Excessive and compulsive use of alcohol or any drugs

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Print or save this document for easy reference.



	myuhc.com	Live and Work Well	Calm Health	Behavioral health in-person and virtual visits	Substance Use Disorder Helpline
Costs	No additional cost for this resource. If you use behavioral health services, the regular benefits schedule applies.	No additional cost for this resource. If you use behavioral health services, the regular benefits schedule applies.	No additional cost for this resource.	Costs are based on the mental health benefit for the medical plan in which you're enrolled. Please call UnitedHealthcare for assistance.	No additional cost for this resource. If you use behavioral health services, the regular benefits schedule applies.
Access/Connect	<ul style="list-style-type: none"> Visit myuhc.com > Coverage & Benefits > Mental Health Select <i>View all mental health coverage</i> 	<ul style="list-style-type: none"> Visit myuhc.com > Coverage & Benefits > Mental Health Select <i>View all mental health coverage > Live and Work Well by Optum®</i> 	<ul style="list-style-type: none"> Visit myuhc.com > Coverage & Benefits > Mental Health 	<ul style="list-style-type: none"> Call UnitedHealthcare at 1-800-382-7513 Sign in to myuhc.com and select <i>Find Care & Costs > Behavioral Health Providers</i> 	<ul style="list-style-type: none"> Call 1-855-780-5955

Not sure where to start?

Call an advocate at **1-800-382-7513**, TTY **711** for guidance.



988 Suicide and Crisis Lifeline

Free and confidential emotional support 24 hours a day, 7 days a week for anyone in suicidal crisis or emotional distress. Call or text **988** or visit 988lifeline.org.

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. The use of Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care, or treatment of a medical condition should be directed to your physician or health care provider. Calm Health is a mental wellness product.

Information provided is of a general nature. It is not meant to replace professional advice or care or imply coverage of specific clinical services or products. Certain limitations on visits and/or treatments may exist. Check your specific benefit plan for details. Virtual visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. Certain prescriptions may not be available, and other restrictions may apply. Data rates may apply. The Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

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