

Get faster, more convenient access to behavioral health care.

You can meet with a psychiatrist or therapist online through private and secure video-conferencing.

Schedule an online visit with a psychiatrist or therapist using Telemental Health (TMH). TMH uses secure video-conference technology to connect you with behavioral health providers in real-time via the Internet.

Using TMH, clinicians can evaluate and treat general mental health conditions, such as depression and anxiety. They can also provide therapy, and when appropriate, prescribe medications.¹

Telemental Health offers you:

- Convenient appointments that may fit your lifestyle.
- A network of over 3,000 psychiatrists and therapists in all 50 states.
- The care you need sooner, in your own home.
- Secure technology meets or exceeds HIPAA security standards.

Access the broader TMH network through liveandworkwell.com or one of these select networks:

Doctor on Demand provider network

- Choose “**Doctor on Demand.**”
- Create an account or log in.
- Confirm or add UnitedHealthcare insurance information to your account/profile.
- Schedule a visit by date or provider.

AmericanWell provider network

- Choose “**AmericanWell.**”
- Create an account or log in.
- Confirm or add UnitedHealthcare insurance information to your account/profile.
- Schedule a visit by date or provider.
- In the payment information box, enter the access code: **visit** (valid with behavioral visits only).



Log on to myuhc.com[®] and select “Virtual Visits.”



Or call the toll-free number on your health plan ID card.

¹ As per state telehealth rules and regulations.

* Per IRS regulations, if you have an HSA, you may have an applicable cost share. Promotion expires on March 31, 2017.

Non-Discrimination Notice

UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, disability, or sex.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員 電話號碼。

UnitedHealthcare does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

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