Now it’s easier than ever to see a behavioral health professional.

Behavioral health virtual visits provide quick and easy access to behavioral health professionals from your mobile device*, tablet or computer.

The value of behavioral health virtual visits:
- You can connect with a provider from the comfort of home.
- Convenient appointment times accommodate busy schedules.
- They’re part of your behavioral health benefit through UnitedHealthcare. Costs and coverage may vary—please check your benefits for details.

Use a behavioral health virtual visit for needs such as:
- Depression
- Anxiety
- ADD/ADHD
- Addiction
- Mental Health Disorders and Counseling

To schedule a behavioral health virtual visit:

1 Visit myuhc.com®.
   Visit myuhc.com and sign in or register for an account.

2 Find a doctor.
   Click Find a Doctor > Mental Health Directory > People > Provider Type > Telemental Health Providers.

3 Refine your search.
   Refine search as needed, and choose a provider with the “telemental health provider” designation.

4 Call the provider.
   Call the provider to set up a time.