

virtual visits: Accessing behavioral health treatment



During these challenging times, 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

Take the first step and register today.



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



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



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

*As per state telehealth rules and regulations.

Optum and its respective marks are trademarks of Optum, Inc. All other brand or product names are trademarks or registered marks of their respective owner. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

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).**

© 2020 Optum, Inc. All rights reserved. WF3520369 205400-092020 OHC