

## See a doctor whenever, wherever.

Get 24/7 access to care from anywhere in the United States with Virtual Visits. A Virtual Visit lets you see a doctor from your mobile device\* or computer without an appointment.



## Seeing a doctor just got easier.

Choose from an Amwell®, Doctor On Demand™ or Teladoc® network provider and pay \$50\*\* or less for the visit. All 3 Virtual Visits provider networks are covered under your health plan benefits.

### Tips for registering:

- 1 For Virtual Visits access or to find out more, download the Amwell, Doctor On Demand\*\*\* or Teladoc mobile apps today.
- 2 Locate your member ID number on your health plan ID card.
- 3 Have your credit card ready to cover any costs not covered by your health plan.
- 4 Choose a pharmacy that's open in case you're given a prescription.†



To learn more or start a Virtual Visit, go to [uhc.com/virtualvisits](http://uhc.com/virtualvisits) or [myuhc.com](http://myuhc.com)®.



\*Data rates may apply.

\*\*The Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

\*\*\* Doctor On Demand does not support any version of Internet Explorer®.

†Certain prescriptions may not be available, and other restrictions may apply.

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Virtual Visits and video chat with a doctor 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.

Health plan coverage provided by or through UnitedHealthcare Insurance Company, UHC of California and UnitedHealthcare Benefits Plan of California. Administrative services provided by United Healthcare Services, Inc., OptumRx or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC).

Facebook.com/UnitedHealthcare Twitter.com/UHC Instagram.com/UnitedHealthcare YouTube.com/UnitedHealthcare



# Stressed? Anxious? With virtual therapy, getting help may now be easier than ever.



Reaching out may be hard—especially if you might not want anyone to know you're hurting. From the privacy of home and the convenience of your mobile device\* or computer, you can receive caring support from a licensed behavioral health virtual therapist.

## Virtual therapy offers confidential counseling and includes:

### Private video sessions.

Get 1-on-1 support—in your home and at a time that's convenient for you.

### Help with coping—for children, teens and adults.

Your licensed virtual therapist may provide a diagnosis, treatment and medication if needed.

### Similar standard of care as in-person visits.

You can see the same therapist with each appointment and establish an ongoing relationship.

### Virtual therapy is designed to help treat conditions like:

- ADD/ADHD
- Depression
- Addiction
- Mental health disorders
- Anxiety



### A quicker way for the whole family to get care.

Virtual therapy may be a great way for children and teens to get an appointment.

## To find a provider and schedule a visit:

- 1 Sign in or register on [myuhc.com](https://myuhc.com)<sup>®</sup>. Then, go to **Find a Doctor > Behavioral Health Directory > People > Provider Type > Telemental Health Providers**.
- 2 Call the provider to set up an appointment.