Find a Telemental Health provider

Telemental Health offers private appointments from the comfort of home

Some people who need behavioral health care may not receive it because it can be difficult to find a provider or get a timely appointment. Telemental Health may be a good solution — and it's already part of your health care benefits. This service uses video-calling technology to provide real-time access to a behavioral health professional — with no travel and less wait time for appointments.

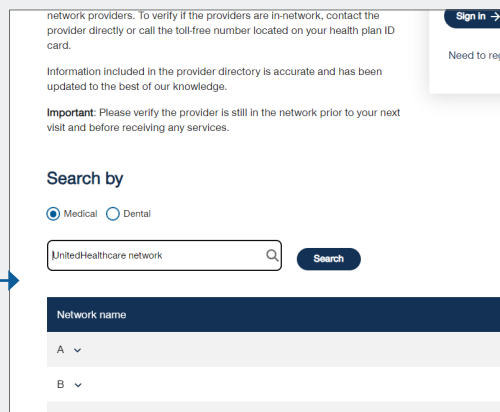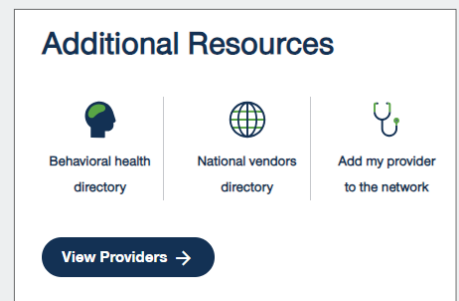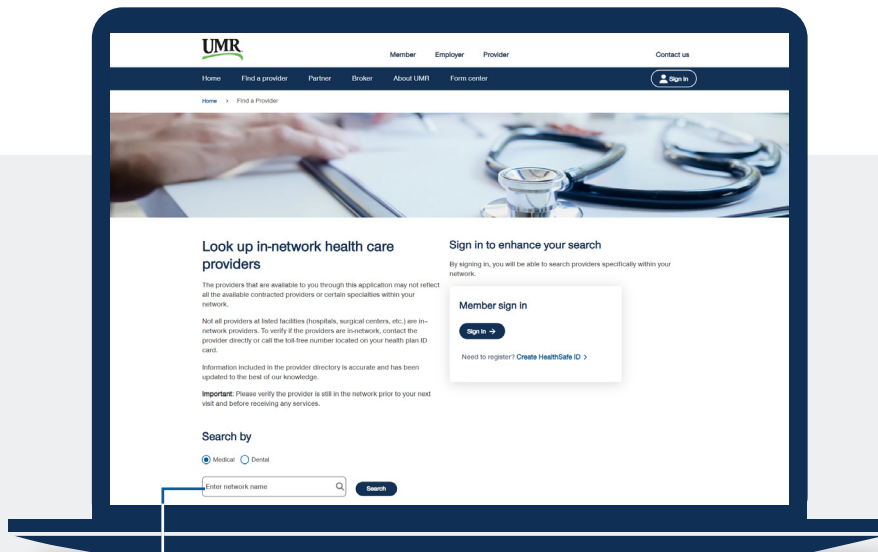## Finding a network provider on **umr.com** or the **UMR app** has never been easier

1

Go to **umr.com** and select **Find a provider**

2

Search for a **UnitedHealthcare Network** provider using our alphabet navigation or type the network name into the **Search** box
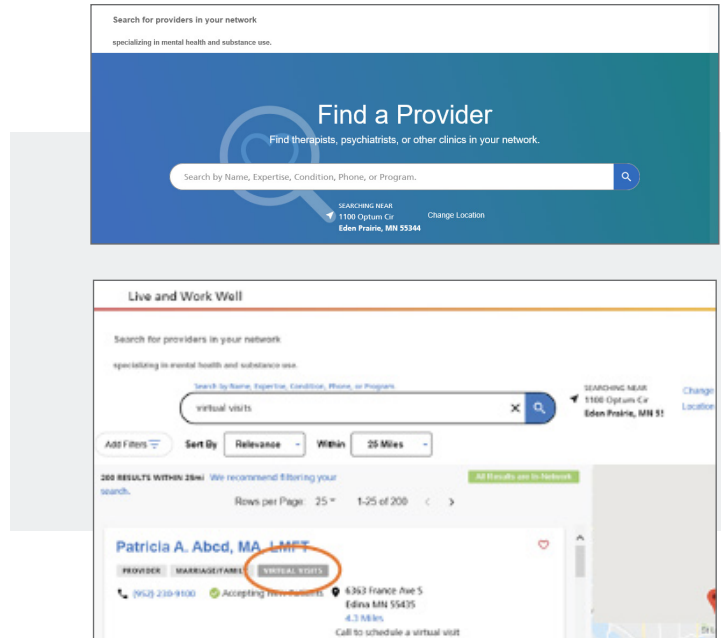
3

For behavioral health providers (including counseling and substance abuse) select **Behavioral health directory**

(Continued)

4

Search by location, name or virtual visits.
Complete **Virtual visits** provider search form
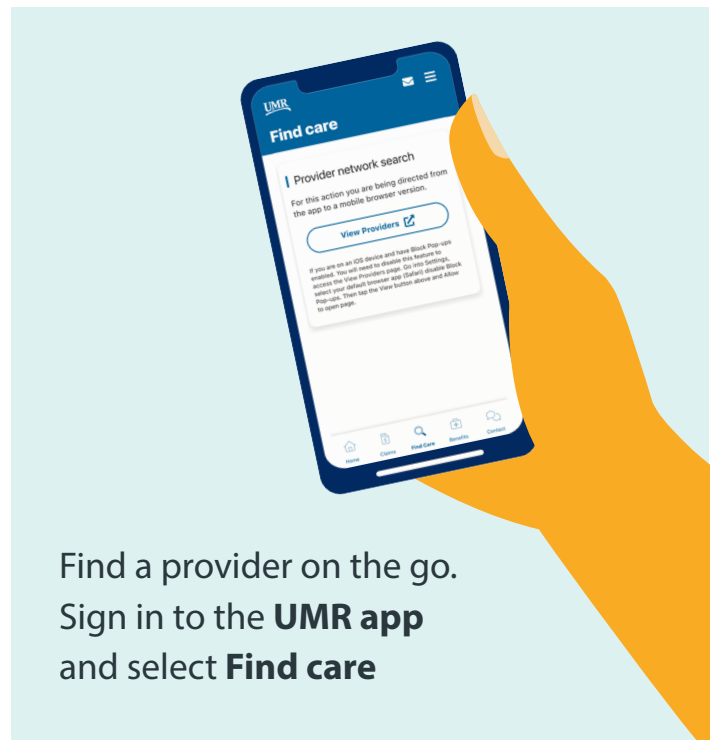and click **Search**

The value of Telemental Health

- Included as part of your behavioral health
  benefit through UMR when accessing a
  UnitedHealthcare Network provider

- Helps give you convenient access to care

- Features the largest nationwide proprietary
  network[1] of over 3,000 Telemental Health
  providers in all 50 states

To schedule a virtual visit

Call the Telemental Health provider of your
choice or look for providers with the
Schedule appointment link to schedule
your visit online.

Find a provider on the go.
Sign in to the **UMR app**
and select **Find care**

[1] Based on Optum® competitive analysis (2016).

UMR SM

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