



## Your Behavioral Health Benefit Is Expanding

### WELL-BEING FOR WORK AND LIFE

At times you may feel overwhelmed. Maybe you have a personal or workplace issue that consumes your thoughts. Perhaps you, your child or your spouse is struggling with stress, depression or addiction.

We can help. Your Behavioral Health benefit provides confidential support for those everyday challenges, and for more serious problems. It's available around the clock anytime you need it.

### WHAT CAN MY BEHAVIORAL HEALTH BENEFIT DO FOR ME?

Your Behavioral Health benefit — which includes counseling and substance abuse recovery services — can help you effectively deal with stressful and challenging situations. We are here to help you through a wide-range of topics such as:

- Alcohol abuse
- Anger management
- Anxiety and stress
- Compulsive spending or gambling
- Coping with grief and loss
- Depression
- Domestic violence
- Drug abuse
- Eating disorders
- Medication management

**We're here to help you and your family with personal and work-related topics.**

To find out more, call the HealthSelect Behavioral Health Team at UnitedHealthcare toll-free at **(855) 802-7093**. You can also visit **[www.healthselectoftexas.com](http://www.healthselectoftexas.com)** and log into your personal account. Once you are logged in, select "Benefits & Coverage" and click the "Mental Health/Substance Abuse" link in the left navigation.

## HOW MUCH WILL THIS BENEFIT COST?

Beginning September 1, 2014, services are covered at the same benefit as any other medical service. Mental Health and Substance Abuse services do not require a referral from your Primary Care Physician, and you may get information and develop personal plans using the Mental Health and Substance Abuse benefits through your personal online account.

## HOW DOES IT WORK?

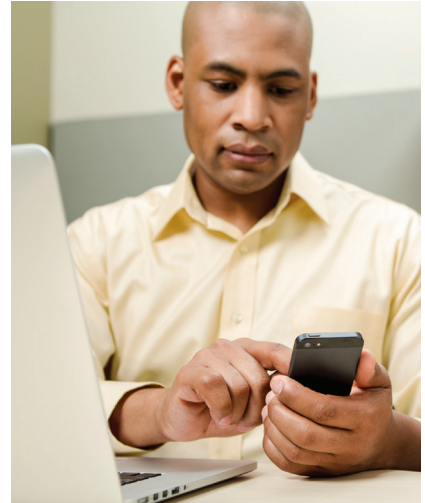
Accessing your Behavioral Health benefit is easy and available 24 hours a day. Give us a call and a specialist will help you identify the nature of your problem and the appropriate resources to address it. If you want to see a clinician, we'll match you with one in our network who has the appropriate experience to help.

## CONNECTING ONLINE

For 24-hour, confidential access to your Behavioral Health benefit and tools to help you enhance your work, health and life, visit [www.healthselectotexas.com](http://www.healthselectotexas.com) and log into your personal account. Once you are logged in, select "Benefits & Coverage" and click the "Mental Health and Substance Abuse" link. Once you have accessed your "Member Welcome" page, use "Quick Links Claims & Coverage" to check your benefit information and submit online requests for services. You can search our online directory of clinicians, access information and resources for hundreds of everyday work and life issues in one of our many virtual help centers, and participate in interactive, customizable self-improvement programs. Any member of your household may access these online services, including dependents living away from home.

## ARE SERVICES CONFIDENTIAL?

Yes. We don't share your personal records with your employer or anyone else without your permission. All records, including medical information and evaluations, are kept strictly confidential in accordance with federal and state laws.



**Click or call anytime for help with the demands of everyday life.**



In an emergency, the first concern is your health. Call 911 or get to an emergency room as soon as possible.

All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws. United Behavioral Health, operating under the brand Optum.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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