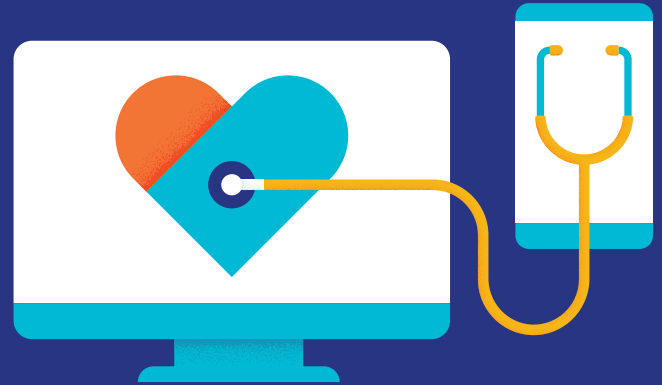




# Behavioral health resources and care, in one place



Connecting to care is easier than ever on [myuhc.com](https://myuhc.com)<sup>®</sup>, your personalized member website.

As an Oxford member, behavioral health support services are available for you and your covered family members to access anytime, anywhere. You'll find 24/7 confidential access to professional care, self-help programs and resources to help you manage stress and mental health challenges, including depression and anxiety.

#### **Finding the right support just got easier.**

Simply answer a few questions and we'll show you the top benefits and resources available for you, based on your needs and goals.

#### **Get clear information about your benefits.**

Learn what's covered and available to you to match your needs.

#### **Set goals and improve your mental health.**

Want to feel less stressed? Want to improve relationships at home or work? Want to better manage workplace burnout? Whatever your goals, getting connected to resources just got easier.

#### **Connect with care quickly, on your own terms.**

Learn about your options and choose what fits your lifestyle and needs. Therapists are available virtually or in-person.

#### **Tools and resources at your fingertips**

Learn about a variety of behavioral health solutions and well-being topics at [myuhc.com/mental-health](https://myuhc.com/mental-health).

**Get started**

To find personalized behavioral health care recommendations, sign in or register on [myuhc.com/mh-recommendations](https://myuhc.com/mh-recommendations)



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

All Oxford members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the website or mobile application terms of use under Find Care & Costs section.

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