

COVID-19 (coronavirus): Accessing behavioral health treatment



During this challenging time, 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.

If you or your provider does not have the technology required for a video-enabled session, telephonic therapy is allowed at least until April 30, 2020. Speak with your provider about conducting a video-enabled or telephonic visit to continue receiving treatment.

*As per state telehealth rules and regulations.

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