

UnitedHealthcare

Behavioral Health video transcript (4:36)

Welcome to the Apple Benefits Explained Video Series.

In this video, we're going to preview the behavioral health benefits and resources available to you and your family.

If you have a mental health emergency, please call 988. If you prefer to chat with a counselor instead, visit [988lifeline.org](https://www.988lifeline.org).

Whether you or a loved one is experiencing stress, anxiety, or another mental health need, or just want to maintain your emotional wellbeing, support is all around you.

Resources include free, in-person, and virtual therapy sessions, app-based support, and more.

Not sure where to start?

Your UnitedHealthcare team of Advocates for Apple can help you learn what behavioral health services are covered by your benefits, find in-network clinicians, and connect you to specialized support from an Autism Care Advocate, if needed.

Call the Advocates at the number shown from 7:00 AM to 10:00 PM Central Time, Monday through Friday.

You and your family also have access to Apple's Employee Assistance Program, or EAP.

Connect with your EAP for help with a variety of concerns.

You and your dependents can each get up to 15 free, in-person or virtual counseling sessions per issue in a 12-month period.

To connect 24/7, call the number shown here, visit the website, or download the app.

Your Apple medical plan includes coverage for treating many behavioral health conditions.

Remember, while you can get care anywhere you want, using an in-network provider will save you time and money.

To find a provider, contact the team of UnitedHealthcare Advocates for Apple, visit myuhc.com, or use the UnitedHealthcare app.

If you prefer virtual care, you can connect with a behavioral healthcare provider using your device.

To find behavioral health specialists who offer virtual visits, go to myuhc.com or the UnitedHealthcare app and explore Virtual Behavioral Care.

Then, contact your selected provider to make an appointment.

As part of the UnitedHealthcare Network, families with children ages one to 17 can use this resource for virtual mental health support.

Receive no-cost coaching with up to four live video sessions per month and unlimited secure chat.

Therapy and psychiatry services are also available.

This resource offers virtual-only support to help you manage your mental health.

On-demand self-care provides 24/7 digital access to a number of tools designed to help you navigate life's challenges.

You can connect with a behavioral coach by phone or video to get help building coping skills and managing everyday situations.

You can also meet with a licensed therapist by phone or video for help processing emotions, reducing worry, and changing unhelpful thoughts.

You'll receive a program grounded in cognitive behavioral therapy techniques tailored to your needs, plus, Apple's EAP will cover up to eight virtual therapy sessions at no cost to you.

Get started with any of these resources at the website shown.

This app-based support is for families with children up to age 18.

Receive expert guidance for family planning, pregnancy, child development, parenting concerns, neurodiversity, and more. To get started, visit the website to register and to download the app.

In person and virtually, take advantage of these behavioral health benefits to help support you and your family whenever it's needed.

Have questions?

The Advocates for Apple can help you find the best resource for your needs.

Scan a QR code to call the Advocates and save their number to your iPhone, or to download the UnitedHealthcare app.

Thank you for watching.