

UnitedHealthcare
Behavioral Health video transcript (3:54)

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 well-being, support is all around you. Resources include in-person and virtual therapy sessions, app-based support, no-cost options 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 a.m. to 10 p.m. 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. Individuals can choose from a wide range of experts to best align with personal preferences.

You and eligible family members can each receive up to 25 free, in-person or virtual coaching or counseling sessions per calendar year.

You can easily initiate and book appointments online. To connect with Lyra, visit the website.

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 can 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 health care provider using your device.

To find behavioral health specialists for 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 1 to 25 can use this resource for virtual mental health support. Receive no-cost coaching with up to 4 live video sessions per month and unlimited secure chat. Therapy and psychiatry services are also available.

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

Thank you for watching!