

Your Mental Health and Substance Use Disorder Benefits

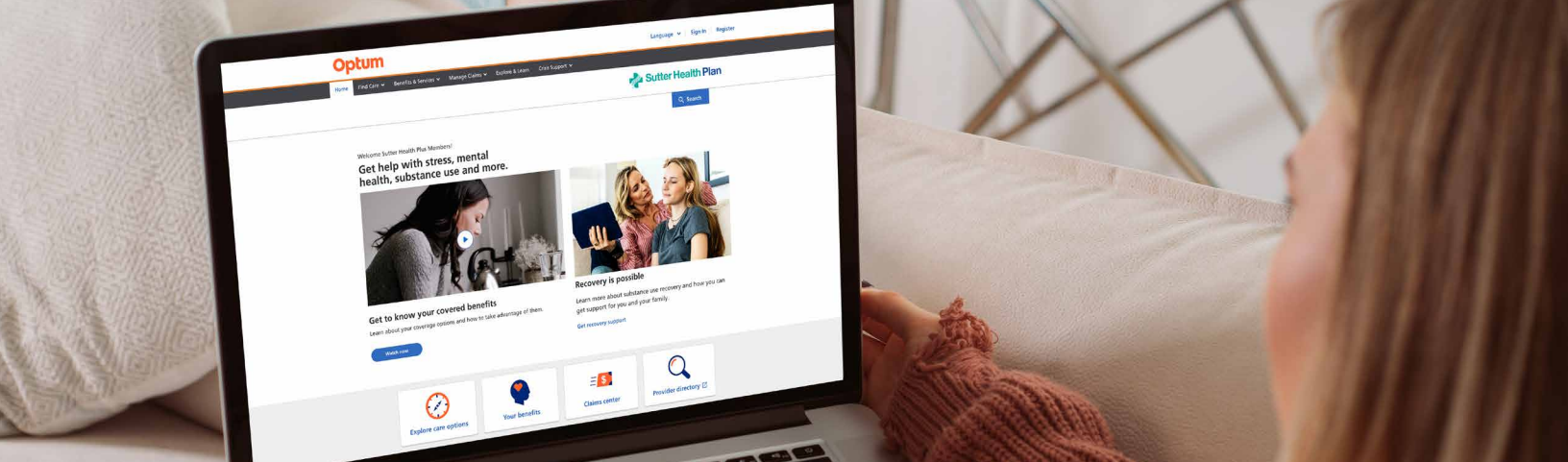


At Sutter Health Plan, we believe caring for your mental health is as important as your physical health.

As a member, your coverage includes benefits for mental health and substance use disorder services through U.S. Behavioral Health Plan, California (USBHPC). You may self-refer for in-network office or virtual visits for mental health or substance use disorder services and can search for providers directly through USBHPC.

USBHPC providers can offer support, information and resources to help address issues affecting your personal life, work and well-being, including assistance with:

- ✓ Stress or anxiety
- ✓ Feeling down or depressed
- ✓ Substance use concerns
- ✓ Prescription drug questions, and more



Online Resources

Live and Work Well

USBHPC's website, liveandworkwell.com offers quick, confidential, 24/7 access to the resources available, including:

- **Explore & Learn**
 - **Personal Life:** for caregiving, parenting, relationships, military and veterans
 - **Mind & Body:** for mental and physical health, recovery and resiliency, and substance use disorder and addiction
- **Crisis Support:** for abuse, addiction, disasters, finance, hospitalization, housing, suicide prevention, and helping a loved one with a mental health crisis
- **Find Care:** locate USBHPC providers and facilities for in-person and virtual appointments
- **Benefits & Claims:** view claim status and learn about your behavioral health coverage and benefits

Virtual Care

With virtual visits, you can schedule a private and confidential appointment with a USBHPC provider who can evaluate and treat mental health conditions. Treatment is provided by psychiatrists and therapists who are part of USBHPC's behavioral health network. As with in-person office visits, members may self-refer to a participating USBHPC provider for virtual office visits.

To find a participating behavioral health provider, call USBHPC at **855-202-0984** or access USBHPC's Live and Work Well website at liveandworkwell.com.

In an Emergency

You can call 9-8-8, the U.S. national suicide prevention and mental health crisis hotline, to assist anyone experiencing a behavioral health crisis. If you or a family member are experiencing an emergency and are in immediate, life-threatening danger, call 9-1-1 for help.

* Members must be age 18 or older to access the 8-week therapy program.

All services are confidential. Your providers will not share your personal information with anyone else without your written permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.

Please note: USBHPC dba OptumHealth Behavioral Solutions of California is a subsidiary of United Behavioral Health dba Optum Behavioral Health.

Self Care by AbleTo

Self Care by AbleTo provides on-demand mental wellness support, self-care techniques, coping tools, meditations and more for members ages 13* and older. Completely confidential, AbleTo is available online and via mobile app at no extra cost as part of your behavioral health benefits through USBHPC, a subsidiary of Optum.

For more information, visit ableto.com/begin.

Ria Health

Ria Health is a confidential online alcohol treatment program that provides evidence-based care from the comfort of your home. It is available for members ages 18 years and older and offers medications, counseling and support to help achieve lasting results.

For more information or to self-refer, visit riahealth.com/optum



Customer Service **855-315-5800**
Visit sutterhealthplan.org