## Find a mental health provider

# Telemental Health offers private appointments from the comfort of home

Some people who need behavioral health care may not receive it because it can be difficult to find a provider or get a timely appointment. Telemental Health may be a good solution — and it's already part of your health care benefits. This service uses video-calling technology to provide real-time access to a behavioral health professional — with no travel and less wait time for appointments.

## Finding a network provider on umr.com has never been easier



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Search by **location**, **name** or **virtual visits**. Complete **virtual visits** provider search form and click **Search** 

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#### To schedule a virtual visit

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Call the **Telemental Health provider** of your choice or look for **providers** with the **Schedule Appointment** link to schedule your visit online.

### The value of Telemental Health

- > Included as part of your behavioral health benefit through UMR when accessing a UnitedHealthcare Network.
- > Helps give you convenient access to care.
- Features the largest nationwide proprietary network<sup>1</sup> of over
   3,000 Telemental Health providers in all 50 states.



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