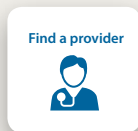# Find a mental health provider

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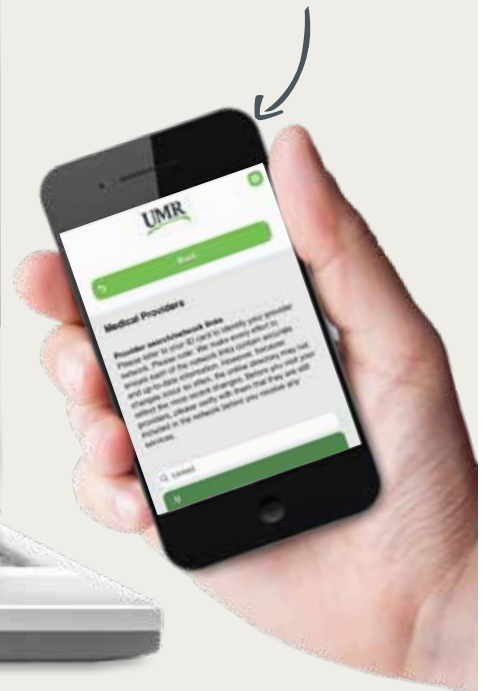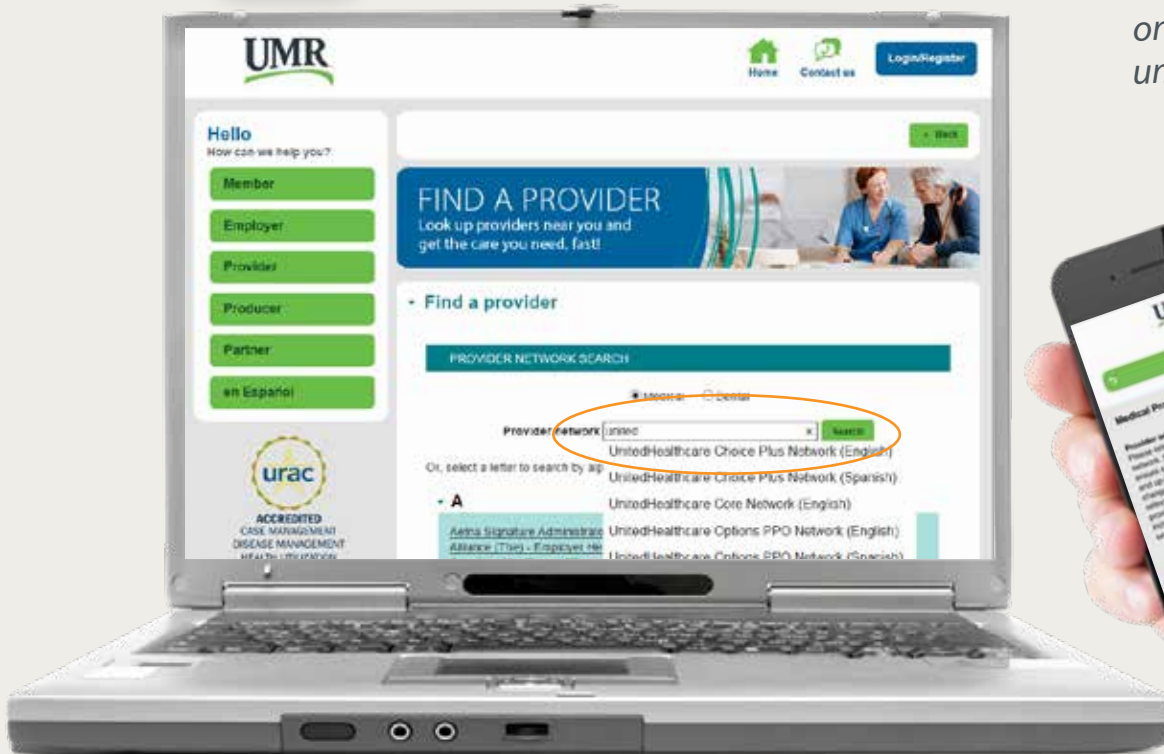
Finding a network provider on umr.com has never been easier

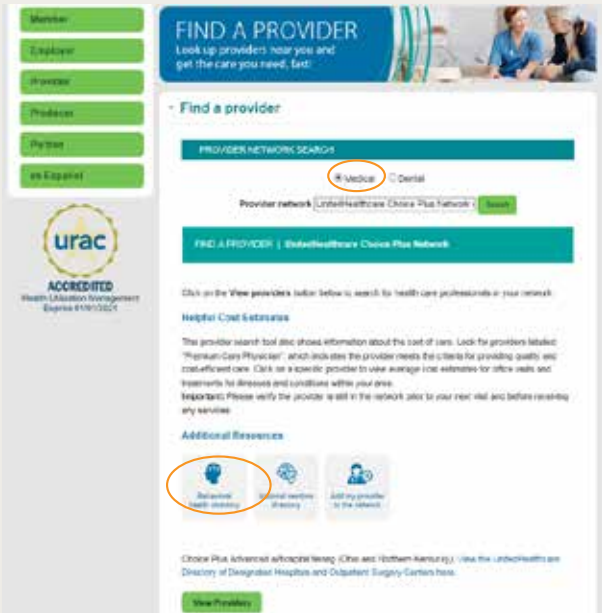**1** Go to **umr.com** and select **"Find a provider"**

Find a provider

2 Search for a **UnitedHealthcare Network provider** using our alphabet navigation or type the **network name** into the search box

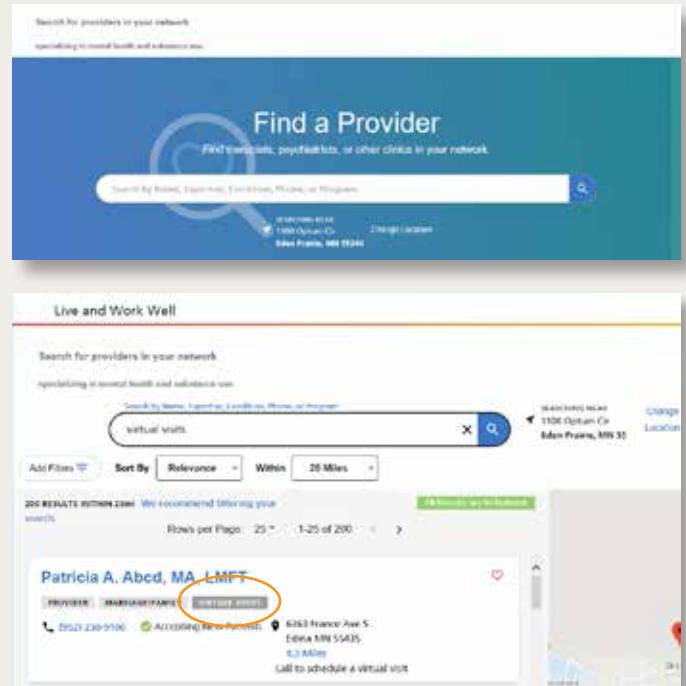*Find a provider on-the-go using our umr.com mobile site*

3 For behavioral health providers (including counseling and substance abuse) select **Behavioral health directory**

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

To schedule a virtual visit

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[1] of over 3,000 Telemental Health providers in all 50 states.

UMR

A UnitedHealthcare Company