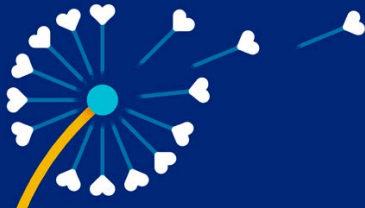


Life isn't always easy.

Your emotional well-being is.

The day-to-day pressures of work, family or everything else on your to-do list can sometimes feel overwhelming. AlerisLife offers convenient, confidential* support for those moments — and for ongoing mental health concerns such as depression, anxiety, eating disorders, substance use and more.

It's healthy to ask for help. Here's where to start:



Available to all team members		Available at no additional cost to all UnitedHealthcare members			
Want quick, 24/7 access to someone who can help with topics such as child care, elder care, relationship challenges or the loss of a loved one?	Dealing with alcohol, opioid or other substance use issues or need help urgently?	Want an on-demand mobile experience that can help with symptoms of stress, anxiety and depression?	Want a flexible counseling option that includes video appointments and text messaging?	Prefer to connect online with a therapist for a counseling session?	Want to meet with a therapist for an in-person counseling session?
Try your Employee Assistance Program (EAP) <ul style="list-style-type: none">Available at no additional cost24/7 access to specialists by phoneGrief counseling and caregiver supportBest for immediate, short-term needsCan connect you to a network provider for a consultation <div>Call 1-800-344-9752 or sign in at guidanceresources.com, using company code NYLGBS.</div>	Get immediate support with a call to the Substance Use Treatment Helpline <ul style="list-style-type: none">24/7 access to substance use recovery advocatesAdvocates listen, offer support and can help develop personalized recovery plansIncludes evaluation of opioid use and help finding medication assisted treatmentAvailable at no additional cost for all AlerisLife employees and household members <div>Call 1-855-780-5955.</div> <div>Contact the 988 Suicide and Crisis Lifeline<p>If you or someone you know is having suicidal thoughts, please call 988; available 24 hours per day, 7 days per week.</p></div>	Download Self Care by AbleTo® <ul style="list-style-type: none">Learn self-care techniquesAccess coping toolsTry meditationsAvailable to employees and household members enrolled in a UnitedHealthcare medical plan <div>Visit ableto.com/begin to register. Then download the app from the App Store® or Google Play®.</div>	Try Talkspace** <ul style="list-style-type: none">Message a licensed therapist 24/7For anxiety, depression, PTSD, ADD/ADHD and compulsive disordersCan also address LGBTQ concernsSend text messages to licensed clinicians***Real-time audio and video appointment schedulingTalkspace is a national service, available to people over the age of 13Available to employees and household members enrolled in a UnitedHealthcare medical plan. See your official health plan documents for coverage and out-of-pocket cost information. <div>To get started, visit talkspace.com/connect and use your insurance information to register and get connected with a therapist.</div> <div><small>Note: You will need your UnitedHealthcare health plan ID card to complete the registration process.</small></div>	Use behavioral health virtual visits** <ul style="list-style-type: none">Connect using a computer, tablet or smartphoneFor help with diagnoses including depression, anxiety, domestic violence, substance use, stress, bipolar disorder, compulsive disorders and eating disordersTypically longer termAvailable to employees and household members enrolled in a UnitedHealthcare medical plan. See your official health plan documents for coverage and out-of-pocket cost information. <div>To find a provider, sign in at myuhc.com. Some services may require authorization. If you have questions, call UnitedHealthcare at 1-800-362-9054.</div>	Use your behavioral health in-person benefits** <ul style="list-style-type: none">For help with diagnoses including depression, anxiety, domestic violence, substance use, stress, bipolar disorder, compulsive disorders and eating disordersTypically longer termAvailable to employees and household members enrolled in a UnitedHealthcare medical plan. See your official health plan documents for coverage and out-of-pocket cost information. <div>To find a provider, sign in at myuhc.com. Some services may require authorization. If you have questions, call UnitedHealthcare at 1-800-362-9054.</div>

Questions? For comprehensive benefits information, visit myuhc.com. To speak with a UnitedHealthcare Advocate, call **1-800-362-9054**.

** Confidential in accordance with the law.

*** Available to AlerisLife and dependents enrolled in a UnitedHealthcare health plan.

***Data rates may apply.

Self Care by AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Self Care may not be available for all groups in District of Columbia, Maryland, New York, Pennsylvania, Virginia or West Virginia and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the Self Care terms of use.

Information provided is of a general nature. It is not meant to replace professional advice or care or imply coverage of specific clinical services or products. Certain limitations on visits and/or treatments may exist. Check your specific benefit plan for details. Virtual visits are not an insurance product, health care provider or health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Behavioral health virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. Certain prescriptions may not be available, and other restrictions may apply. Data rates may apply. The Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

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