



Mental health care, without the wait



With Virtual Visits mental health care from UnitedHealthcare Global, you get easier access to quality, compassionate care for a range of behavioral health needs, without the hassles and delay of traditional in-office visits. Whether you're looking for an appointment with a board-certified psychiatrist, licensed therapist, or board-certified psychologist, the care you need is available. Appointments are done via phone or video from wherever you are, allowing you to connect more easily, creating a trusting relationship with your chosen mental health provider.

Virtual Visits help with the most-common conditions

Licensed and board-certified care providers can help you with issues such as:

- Anxiety
- Attention deficit hyperactivity disorder (ADHD)
- Depression
- Grief
- Obsessive-compulsive disorder (OCD)
- Panic disorder
- Post-traumatic stress disorder (PTSD)
- Stress
- Work stress

Mental health is more common than you think – and nothing to be ashamed of

- 1 in every 8 people in the world live with a mental disorder.¹
- Only one third of people with depression receive formal mental health care.²
- Telepsychiatry appointments allow psychiatrists to see new patients with a shorter wait time before receiving care.³

How a mental health Virtual Visit works:

- 1 Create an account**
Download the Teladoc app or call 1-800-835-2362. Once an account is created, you'll fill out the medical history survey as you would in a doctor's office.
- 2 Introduce**
You'll provide basic information including eligibility via app, phone or web.
- 3 Schedule**
Filters will allow you to select options based on location, specialty, race, or gender. This will allow you to choose a care provider that best matches your needs and preferences plus schedule your Virtual Visit.
- 4 Advise**
You'll meet with a provider of your choice and begin addressing your challenges.
- 5 Assistance**
Unlimited visits means you'll receive ongoing, continuous mental health support if needed.

Benefit from personalized attention to your mental health needs

Symptom improvement

70–90% of people who seek proper treatment for mental health disorders experience a significant reduction in symptoms.⁴

Trust and communication

When you can choose your own provider, it's easier to build a personalized connection that can make a critical difference.

Quicker, easier access

Convenient and quality virtual care from anywhere within the 50 United States, so you can connect from wherever you feel most comfortable.

**United
Healthcare**
Global

¹ Institute of Health Metrics and Evaluation. Global Health Data Exchange (GHDx), (<https://vizhub.healthdata.org/gbd-results/>), accessed 14 May 2022).

² Moitra M, Santomauro D, Collins PY, Vos T, Whiteford H, Saxena S, et al. The global gap in treatment coverage for major depressive disorder in 84 countries from 2000–2019: a systematic review and Bayesian meta-regression analysis. *PLoS Med.* 2022;19(2):e1003901. doi:10.1371/journal.pmed.1003901.

³ Sun CF, Correll CU, Trestman RL, Lin Y, Xie H, Hankey MS, Uymatiao RP, Patel RT, Metsutnan VL, McDaid EC, Saha A, Kuo C, Lewis P, Bhatt SH, Lipphard LE, Kablinger AS. Low availability, long wait times, and high geographic disparity of psychiatric outpatient care in the US. *Gen Hosp Psychiatry.* 2023 Sep–Oct;84:12–17. doi: 10.1016/j.genhosppsych.2023.05.012. Epub 2023 May 25. PMID: 37290263.

⁴ USC School of Social Work. May 2017. "15 Mental Health Facts You Should Know." <https://dworakpeck.usc.edu/news/15-mental-health-facts-you-should-know>. Accessed July 2024.

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