

Eligibility: UHC members

Paid by: See HealthPlan for details

Mental-Health Resources

CML has partnered with UnitedHealthcare to offer various mental health resources available to UHC plan members. Each resource below offers different techniques and strategies that may help with your mental health needs. Please explore each resource to find the best fit for you and your family.

- **Self-Care from AbleTo:** Employees enrolled in CML's health plan through United Healthcare have access to the AbleTo app for help with self-care techniques, coping tools, and meditations. It is an on-demand self-help tool that helps you with every day anxiety, depression and stress. It includes daily mood tracking, guided journeys, you can track and set goals to help you with self-improvement as well as offering community support.
- **Talkspace online therapy:** Employees enrolled in CML's health plan through United Healthcare have access to online therapy through the Talkspace app without having to make an office visit. Once you register and choose a provider, you can message with a licensed and dedicated therapist 24/7 and can set up video calls as needed. Cost for utilizing Talkspace can vary depending on the plan you selected. Please check your health plan for details.
- **UHC Behavioral Health Services:** Employees enrolled in CML's health plan through United Healthcare have access to a variety of virtual or in-person therapy/counseling options designed to help treat conditions like anxiety, depression and mental health disorders. Employees can find a provider and schedule a session by visiting myuhc.com or by calling the telephone number on their health plan card. Costs and coverage for these services may vary, so employees are encouraged to check their health plans for details.
- **LiveandWorkWell.com:** Is a site for UHC Health Plan members to connect to their benefits and resources. It offers online tools to help working through life challenges such as dealing with major life changes, balancing work, life and financial issues as well as connecting with behavioral health, substance disorder resources and more.
- **Substance Use Disorder Helpline:** Confidential service provided at no added cost to UHC Health Plan members. You can call 855-780-5955 or visit liveandworkwell.com/recovery.