



# Maximize Your UHC Experience!

Mental Health, Neonatal, Fertility, AND...

*Beyond!*



Discover how you can better utilize your healthcare plan and take advantage of all it has to offer! Through UHC, you have programs/services to help in all aspects of your health and life. Mental health resources, neonatal support, musculoskeletal specialists, fertility benefits, diabetes management, medical billing questions, and personal health support!

### **Calm Health – Mental Health**

Resources to support mental health. Tools and programs to support your mental health at your own pace.

#### **Calm Health**

### **Orthopedic Support**

Bone, joint, tendon or muscle pain can be cumbersome. Specialist Management Solutions (SMS) can manage your orthopedic care journey.

#### **SMS Orthopedic Support**

### **Personal Health Support**

Whether you want to know how a treatment is covered or how to start healthy habits, there's a team to help.

#### **Personal Health Support**

### **Doctor Second Opinion**

If you have a new diagnosis, are managing a second opinion, or have a potential surgery, get a virtual second opinion from a doctor with 2nd.MD

#### **2nd.MD**

### **Neonatal Resources**

Get support from neonatal nurses. Receive passionate care after your delivery. NICU support, and life at home with the baby.

#### **Neonatal Resources**

### **Family Building Benefits**

Infertility is a common issue that is understandably emotional and stressful. Learn what options you have through the medical plan.

#### **Family Building Benefits**

### **Noom Weight**

Noom uses up to date psychology and behavioral science to help you lose weight at a pace that works for you.

#### **Noom Weight Management**

### **Virtual Therapy**

Reaching out for support can be hard. From the privacy of your home, receive care from a licensed therapist.

#### **Virtual Therapy**

### **Optum Behavioral Care & Emotional Wellbeing Solutions**

Gain control of your worries. The Optum Behavioral Care mental health coaching helps learn ways to cope and feel better.

**1-866-287-1802 - Behavioral**

**1-866-248-4096 - Wellbeing**

### **Family Emotional Support**

Help your kids get the emotional and behavioral health support they need. Coaching from Bend Health. Licensed practitioners and resources to help you navigate.

#### **Family Emotional Support**

### **Digital Back and Joint Pain Management**

Get a personalized exercise program designed with flexibility, coaching support, and educational content on mindfulness and relaxation for back, joint, and chronic pain through Kaia.

#### **Kaia**