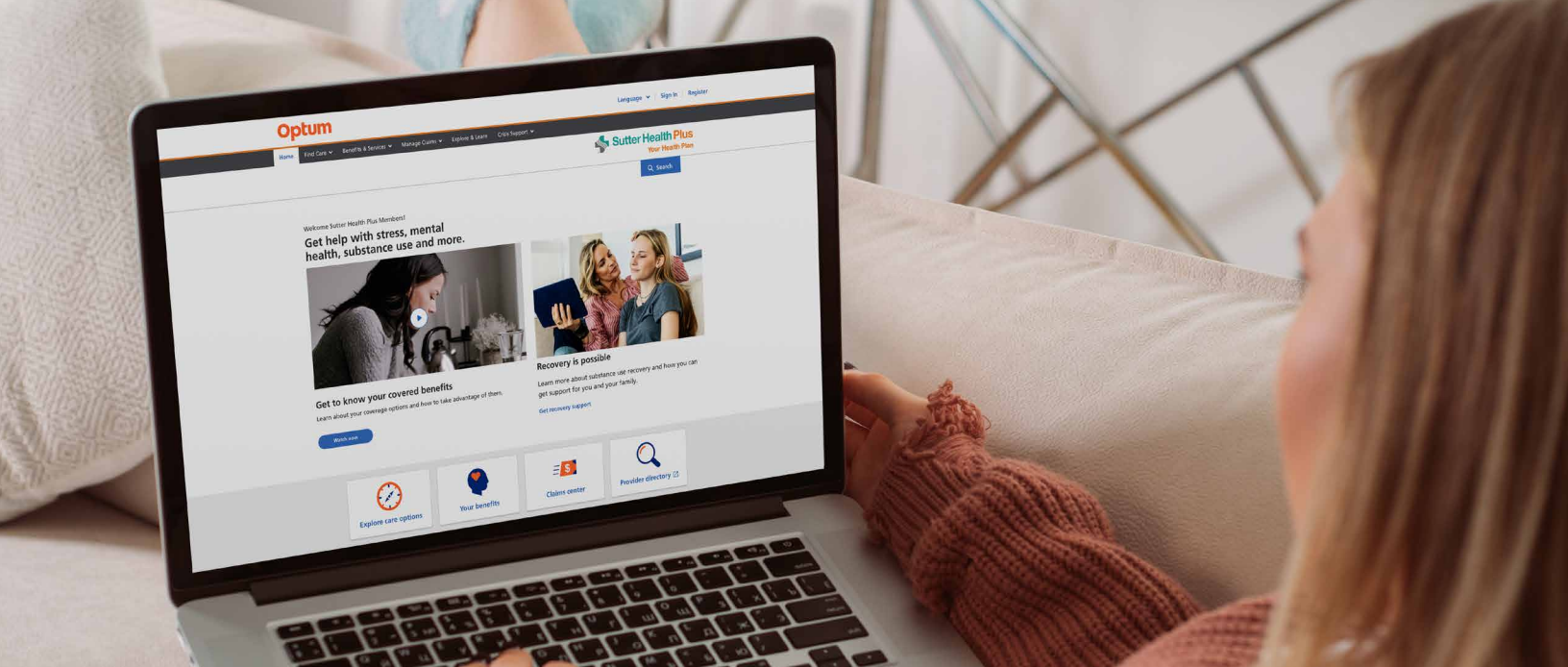


Your Mental Health and Substance Use Disorder Benefits

At **Sutter Health Plus**, we believe caring for your mental health is as important as your physical health. As a member, your coverage includes benefits for mental health and substance use disorder services through U.S. Behavioral Health Plan, California (USBHPC). You may self-refer for in-network office or virtual visits for mental health or substance use disorder services and can search for providers directly through USBHPC. USBHPC providers can offer support, information and resources to help address issues affecting your personal life, work and well-being, including assistance with:

- Stress or anxiety
- Feeling down or depressed
- Substance use concerns
- Prescription drug questions, and more



Online Resources

USBHPC's Live and Work Well website at liveandworkwell.com offers quick, confidential, 24/7 access to the resources available, including:

- **Explore & Learn**
 - **Personal Life:** for caregiving, parenting, relationships, military and veterans
 - **Mind & Body:** for mental and physical health, recovery and resiliency, and substance use disorder and addiction
- **Crisis Support:** for abuse, addiction, disasters, finance, hospitalization, housing, suicide prevention, and helping a loved one with a mental health crisis
- **Find Care:** locate USBHPC providers and facilities for in-person and virtual appointments
- **Benefits & Claims:** view claim status and learn about your behavioral health coverage and benefits

Virtual Care

With virtual visits, you can schedule a private and confidential appointment with a USBHPC provider who can evaluate and treat mental health conditions. Treatment is provided by psychiatrists and therapists who are part of USBHPC's behavioral health network. As with in-person office visits, members may self-refer to a participating USBHPC provider for virtual office visits.

To find a participating behavioral health provider, call USBHPC at 855-202-0984 or access USBHPC's Live and Work Well website at liveandworkwell.com.

In an Emergency

You can call 9-8-8, the U.S. national suicide prevention and mental health crisis hotline, to assist anyone experiencing a behavioral health crisis. If you or a family member are experiencing an emergency and are in immediate, life-threatening danger, call 9-1-1 for help.

All services are confidential. Your providers will not share your personal information with anyone else without your written permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.

Please note: USBHPC dba OptumHealth Behavioral Solutions of California is a subsidiary of United Behavioral Health dba Optum Behavioral Health.

Self Care Mobile App

You also have access to Self Care from AbleTo — an app offering self-care techniques, coping tools, meditations, and more — anytime, anywhere. Completely confidential, the Self Care app is available at no extra cost as part of the behavioral health benefits through USBHPC, a subsidiary of Optum.

Download from your preferred app store:

