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| |  | | --- | |  |   **UHC Wellness & Resources Updates**  May 2021 | |
| **Health Engagement Strategies Tip of the Month**  **Resources for Stress Management and**  **Mental and Emotional Well-Being**  2020 and early 2021 have brought about unprecedented and unpredictable changes and stressors, bringing mental health top of mind for many organizations and individuals. According to a [recent November 2020 Gallup poll](https://news.gallup.com/poll/327311/americans-mental-health-ratings-sink-new-low.aspx), only 34% of American adults say their mental health is excellent, down from 43% in 2019. Rally’s [“Future Proof Your Well-Being](https://www.rallyhealth.com/engagement/ebook-how-to-future-proof-your-well-being-strategy) Strategy” eBook Health Prevention Survey found that 42% of employees say mental health is their number one concern. Although depressive and mood disorders are common, awareness, that can lead to proper diagnosis and treatment, increases the likelihood of improved overall mental health.  With May being Mental Health Awareness month, it’s an opportune time to review the many options available for employers and members to address mental health and emotional well-being. The following resources range from self-help tools to programs that treat more complicated mental health conditions:   * **Rally Missions:** There are multiple Rally Missions that relate to mental health and emotional well-being such as: Meet with friends weekly, Call a friend, Keep a mood diary, Make time to unwind, and Meet up with a support group. * **Liveandworkwell:** Dedicated member portal with hundreds of resources and online Cognitive Behavioral Therapy tools. Access via [myuhc.com](https://www.myuhc.com/member/prewelcome.do?currentLanguageFromPreCheck=en) or directly [liveandworkwell.com](https://www.liveandworkwell.com/content/en/public.html) Guest access code: UHC. * **Psych Hub Videos:** Educational video resources available on the Liveandworkwell site with a focus on understanding behavioral health topics. 80% of employees with a mental health condition attribute non-treatment to shame and stigma. These [educational videos](https://www.liveandworkwell.com/content/en/public/custom/psychhub.html) can also be shared (emailed, posted on intranet sites, looped on video monitors) to support overall awareness. * **Sanvello™:** is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT) to engage employees in their mental health anytime, anywhere. [Sanvello](https://www.sanvello.com/) standard version is free to anyone while the premium app can be accessed using participating health insurance carriers. * **Talkspace™:** Available to our **self-funded customers**, is a digital platform that offers an effective alternative to face-to-face therapy with thousands of licensed behavioral health clinicians, giving individuals greater flexibility to engage with their care and improve their overall health. Members looking to use Talkspace should register at [talkspace.com/connect](http://www.talkspace.com/connect). Behavioral Health benefits will cover Talkspace use as an outpatient therapy, and copays or coinsurance will apply. * **Substance use disorder helpline & web-based live chat:** Specialized substance use recovery advocates available 24/7 via phone @ 855-780-5955. Arrange a face-to-face clinical evaluation (typically within 24 hours). * **Behavioral Health Virtual Visits: (VV)** [Video-based technology platform](https://www.liveandworkwell.com/?in=UHC&redirectURL=/content/en/member/benefits/virtual-visits.html) offers members the option to have online sessions with network providers from the privacy of their home, office, or other site, including sessions with licensed psychiatrists. A VV is on the same level as an in-person outpatient (OP) therapy session and as such the member cost share is the same as an out-patient therapy session.   Feel free to reach out for additional materials and resources addressing stress, anxiety, depression, and other mental health conditions.  **COVID-19 Updates**  Because this is a dynamic, rapidly evolving situation, be sure to check regularly for updates in our [COVID-19 section](https://www.uhc.com/health-and-wellness/health-topics/covid-19#faq) on the UnitedHealthcare Health & Wellness site, including FAQs that will be updated continuously.  **Recipe of the Month**  **Gazpacho** . | **National Health Observance**  **Mental Health Awareness**  May’s Health Observance is Mental Health Awareness. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:   * [Mental Health Overview](https://www.uhc.com/health-and-wellness/health-topics/mental-health) * [Anxiety and Anxiety Disorders](https://www.uhc.com/health-and-wellness/health-topics/mental-health/anxiety) * [Understanding Depression Symptoms](https://www.uhc.com/health-and-wellness/health-topics/mental-health/depression) |
| **Health Tip Flier of the Month**  **Soothing Stress**  UnitedHealthcare Health Tip Fliers can be a visual and engaging way of providing member-level education. Check out this month’s Health Tip Flier on [Soothing Stress](https://www.uhc.com/health-and-wellness/health-topics/stress/soothing-stress). |
| **United at Work Podcast of the Month**  **Mental Health & Emotional Well-Being**    During the [Mental Health and Emotional Well-Being](https://www.brainshark.com/1/player/uhcna?pi=zHQzLDRNpzORnTz0&r3f1=&fb=0) presentation, participants will learn about healthier choices that may help to improve their mental health and emotional well-being. Specifically, this presentation will cover mental health facts and definitions, common myths associated with mental health, signs of mental health changes, reasons to seek help, and ways to support mental well-being.    Attached are the Mental Health & Emotional Well-Being Quiz and Quiz Answers that accompany this month’s podcast. |
| **Rally Mission of the Month**  **Keep a Mood Diary**  Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month’s Rally Mission, keep a mood diary.    Rally is available at no additional cost to you, as part of your health plan benefits with UnitedHealthcare. Get started today at [myuhc.com®](https://www.myuhc.com/member/prewelcome.do?currentLanguageFromPreCheck=en). |
| **June Preview**   * Health Observance: Better Back Health Habits * Health Tip Flier of the Month: [Back for Health](https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/Back-for-Health-M57233-W.pdf) * United at Work Podcast of the Month: [Workstation Stretching](https://www.brainshark.com/1/player/uhcna?pi=zHOzVwK7OzORnTz0&r3f1=&fb=0) * Rally Mission of the Month: Stand up every hour | |