Your Mental Health and Substance Use Disorder Benefits

At **Sutter Health Plus** we believe caring for your mental health is just 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). 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

Sutter Health Plus
Your Health Plan

Online Resources

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

- **Personal Life:** for caregiving, parenting, military and veterans, relationships, and well-being
- **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 a Resource:** locate providers and facilities, for in-person and virtual appointments
- **Benefits & Claims:** view claim status and learn about your behavioral health coverage and benefits

Sanvello Mobile App

You have premium access to Sanvello—an app offering help for stress, anxiety and depression—anytime, anywhere. Completely confidential, the Sanvello 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:

Download on the App Store

GET IT ON Google Play

Virtual Care

Access to care with your convenience in mind. You can meet with providers online through private and secure video conferencing in real time. USBHPC providers can evaluate and treat general mental health conditions, such as depression and anxiety. They can also provide therapy and prescribe drugs, when appropriate. 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 1-855-202-0984 or access USBHPC's Live and Work Well website at ***liveandworkwell.com.***

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.