

**In this uncertain time, you're not alone.**

As COVID-19 continues to impact us all, you may be feeling more stress and anxiety than usual—and it may be difficult to leave your home for therapy appointments due to social distancing or quarantine. We're here to help you manage possible coronavirus anxiety with 2 ways to get emotional support at home.

## 1 Connect with a provider using behavioral health virtual visits.

Using behavioral health virtual visits, you can talk confidentially to a psychiatrist or therapist without leaving your home. These providers can evaluate and treat general mental health conditions such as depression and anxiety—and, when appropriate, prescribe medications.\* For eligible members, this may be available at no cost to you. To schedule an appointment:

- Sign in to [liveandworkwell.com](https://liveandworkwell.com).
- Select **Find a Resource > virtual visits**.
- Choose **Get Started**. You can schedule an appointment online or by phone.

## 2 Get tools to manage possible stress and anxiety with the Sanvello app.

Access clinically tested techniques, coping tools and community support to help dial down possible symptoms of stress, anxiety and depression—anytime. The Sanvello™ app gives you premium access at no cost, plus ways to relax, be present and stay focused, right at your fingertips.



**Download the free Sanvello app.**



**As COVID-19 continues to evolve, we're here for you. Visit [myuhc.com/covid](https://myuhc.com/covid) to keep up to date and informed on your coverage options.**