

# You've got support for life's challenges – anytime, anywhere

If you have health and wellbeing worries, it helps to know who you can turn to get the support you need. Optum has partnered with these programs and services that can be accessed by phone or virtually, right where you are.

Before you receive telehealth services, make sure to check if your plan covers them. Eligibility may vary between plans, so not all may include these services. To find out more, visit your member website or call the number on your ID card.

## Alcohol and substance use support

Ages	Provider	Contact
18+	<b>Ria Health</b> – Personalized care team via mobile app for members who want to reduce alcohol consumption. Physicians or licensed nurse practitioners create treatment plans, meet with members one-on-one and use medications for alcohol use disorder (MAUD) or medication-assisted treatment (MAT) to reduce cravings. The program also includes a handheld Bluetooth-enabled breathalyzer.	<a href="mailto:wha@riahealth.com">wha@riahealth.com</a> 1-888-968-0807
18+	<b>NorthStar</b> – Virtual substance use disorder (SUD) outpatient treatment that includes a full year of MAT and nutrient therapy, group support and continuous engagement with a physician-led, 6-member care team.	<a href="http://northstarcare.com">northstarcare.com</a> 1-855-302-9191
18+	<b>Monument</b> – Platform to support members to reduce or stop using alcohol through video therapy, online moderated forums and educational content, and MAUD or MAT to reduce cravings.	<a href="http://joinmonument.com">joinmonument.com</a>

## Opioid use disorder (OUD) support

Ages	Provider	Contact
18+	<b>MedMark</b> – MOUD and MAT in conjunction with counseling and behavioral therapy offering a cost-effective alternative to inpatient treatment.	<a href="http://medmark.com/locations">medmark.com/locations</a>

## Mental health and substance abuse support

Ages	Provider	Contact
All ages (except when the local provider has age restrictions)	<b>Mobile Crisis Response</b> – Specialized behavioral health support for members in non-life-threatening mental health and SUD crisis through mobile (in home or other community location) crisis support teams to assess the individual or family and determine the level of care needed.	Visit <a href="#">Provider Express</a> to find your specific contact number based on location.
All ages (except when the local provider has age restrictions)	<b>Substance Abuse 24/7 Helpline</b> – Recovery care advocates are available 24/7 to provide consultation and support to members, their families or caregivers.	1-855-780-5955

## Mental health support

Ages	Provider	Contact
5+	<b>Psychiatric Urgent Care</b> – Psychiatrist evaluation within 48 hours. Designed for members experiencing serious mental health concerns that are not life-threatening but could rapidly worsen without intervention.	1-800-765-6820
13+	<b>AbleTo Self Care</b> – Self-care techniques, coping tools, meditations and progress tracking.	<a href="https://ableto.com/begin">ableto.com/begin</a> (code WHA)
18+	<b>AbleTo Virtual Coaching</b> – Personalized, 8-session, coach-led program to help members manage mild-to-moderate symptoms of stress, anxiety and depression, and learn coping skills.	<a href="https://ableto.com/exploremore">ableto.com/exploremore</a>
Up to 25	<b>Bend Health Child and Family Coaching</b> – Coaching support for youth and families/caregivers helps teach skill-building techniques and supports everyday stress such as breakups, social skills, stress and sleep issues. It also helps with navigating trauma, depression and SUDs.	<a href="https://bendhealth.com/coaching">bendhealth.com/coaching</a>



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