



Get care for stress, anxiety, depression, addiction and more

Accessible behavioral health support and virtual visits are included in your plan



Your plan makes mental health care easier and more affordable

Your UnitedHealthcare Individual & Family ACA Marketplace plan gives you affordable, flexible ways to get mental health care when you need it, through your plan website.

Your plan includes:

- Low-cost behavioral health visits in person or virtually, including access to several leading virtual behavioral health platforms
- Options for therapy, counseling and more
- Care and support in Spanish
- Access to licensed professionals across our broad network

Year-round support for your mental health

Whether you're dealing with everyday stress or a bigger challenge, your plan includes counseling, therapy and virtual care options at lower costs. Find a provider who's right for you and get the support you need to feel better.

Need help? We're here for you

Sign in to myuhc.com/exchange or the UnitedHealthcare app to chat with a member service advocate or call the number on the back of your health plan ID card. Our team can help in English or Spanish.

Learn more

Learn more at uhc.com/exchange

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