

Optum virtual visits: convenient online access to providers



You can meet with a psychiatrist or therapist online through private and secure video-conferencing.

Schedule a virtual visit with a psychiatrist or therapist. Optum virtual visits use secure video-conferencing technology to connect you with behavioral health providers in real-time through the Internet.

Using virtual visits, clinicians can evaluate and treat general mental health conditions, such as depression and anxiety. They can also provide therapy, and when appropriate prescribe medications.* Treatment is provided by psychiatrists and therapists who are part of Optum's behavioral health network.

Optum virtual visits offer you:

- Convenient appointments that work with your lifestyle
- A network of 3,000 psychiatrists and therapists in all 50 states
- The care you need sooner, in the privacy of your own home*
- Secure, HIPAA-compliant technology

Take the first step.



Log on to
liveandworkwell.com
Access Code: **OXHP**



Under "Find a Resource,"
select **"Provider."**



Find a provider in your
state and schedule an
appointment online or call.