

UnitedHealthcare Behavioral Wellbeing Resources



Virtual Behavioral Therapy and Coaching

Providing support for members with health issues

25% of people who screened positive for depression have no depression history¹

- **Identify** by using claims-based predictive modeling to help engage high-risk employees early
- **Connect** by ensuring proactive, timely intervention when employees may need it the most
- **Personalize** by tailoring an evidence-based care plan to help meet an individual's needs
- **Treat** by coordinating 8 weeks of care using a whole-person approach

*This is AbleTo's Therapy360 program**



AbleTo Virtual Behavioral Therapy and Coaching program provides virtual support for depression, anxiety and stress that accompany health issues, such as cardiac conditions, diabetes, chronic pain and cancer.

* AbleTo is majority owned by OptumHealth Holdings, LLC, a UnitedHealthcare affiliate. 1 AbleTo aggregate data analysis. Proportion of participants with no self-reported history of depression who had elevated DASS-21 depression symptom scores (i.e., scores >9) at initial consultation. Analysis dated Oct. 2, 2017.

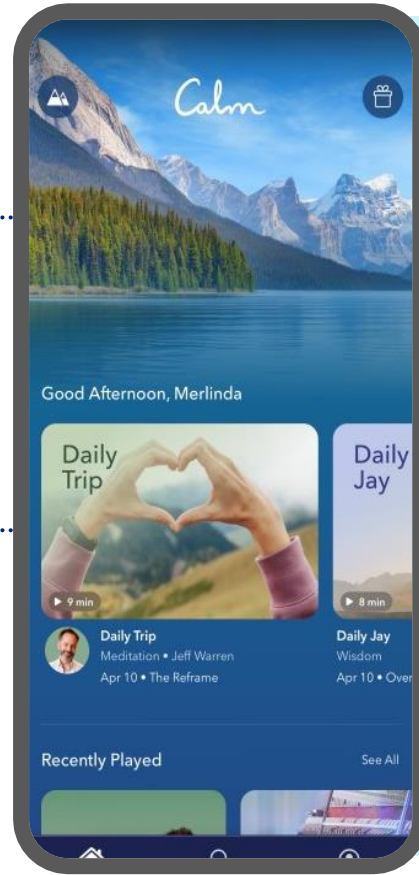


Providing global access to on-demand well-being support

#1
app for sleep,
meditation and
relaxation¹



4.8
star rating based on
1.8 M reviews from
the App Store[®]



To help employees care for their mental health with access to Calm

Features of the app include:



24/7 access to self-guided content with no out-of-pocket member costs – available in 7 languages*



A library of **diverse content** — including videos, music and more — designed to help users manage stress, improve sleep and live mindfully



Meditations, sleep stories, daily check-ins and curated content focused on stress and burnout, sleep, anxiousness, productivity and more



Metrics and reporting with utilization and engagement data to help organizations better understand workforce well-being needs

¹ Sensor Tower - Q1 2023 Analysis: Top 5 Wellness Apps on iOS in the US, April 2023 | Sensor Tower - Q1 2023 Performance of Top Wellness Apps on Android in the US, April 2023. ² Calm App Store rating accessed April 2024. Please consult with your tax specialist to determine taxability of these offerings. Images provided for illustrative purposes only.

*Currently available in English, French, German, Korean, Japanese, Portuguese and Spanish. Italian, Polish and Traditional Chinese will be added in Q1, 2025.

