Optum® Behavioral Health is driving better overall health outcomes while bringing down the total cost of care by improving access to high-impact, integrated care and engaging individuals in their own wellness.
Behavioral health issues are widespread and often go unaddressed — or inadequately addressed — putting strain on our communities, families and the individuals affected.

Behavioral health conditions affect an estimated **1 in 5** American adults each year.¹

60% of adults with any mental illness didn’t receive mental health services in the previous year.²

Behavioral health issues make up more than **20%** of total health care spending in the United States.³

**Breaking new ground in behavioral health**

Optum is committed to driving better overall health outcomes while bringing down the total cost of care. We connect people to an extensive network of providers, innovative tools that improve access to care and resources that inspire them to be more engaged in their own wellness. Pioneering proprietary analytics generate insights that help guide people into high-impact, integrated care tailored to their needs.

**Improving access to care**

Access to services is vital, but we go further. We’re making it easier for members to get the right care, at the right time, in the right setting.

- Continuously drive the behavioral health network to higher levels of performance by evaluating providers on clinical outcomes and cost-effectiveness and rewarding top performers through value-based contracts.
- Guide people to local care that’s appropriate for their situation to increase the chance that individuals get the community-based support they need for long-term recovery.
- Get people into care fast, improving the likelihood they will follow through to see a practitioner. Through programs like the Optum Express Access Network and Substance Use Disorder Helpline, members quickly get on the path to treatment and recovery.
- Make it possible for people to get convenient care from home or work by connecting them to providers from the extensive Optum virtual visits network.
- Offer deeper expertise and specialized services through networks dedicated to eating disorders, autism and substance use disorders.

**Express Access providers** offer appointment times within 5 days. The industry standard is 14 days for a routine appointment.⁴
Guiding high-impact, integrated care

With groundbreaking data analytics and insights lighting the way, we offer a more intelligent approach to integrating care for the greater impact.

Use sophisticated analytics to guide individuals into care and along the path to recovery, including identifying those at risk, connecting them to individualized treatment and monitoring their progress to know if additional support is needed.

Apply our pioneering, proprietary algorithms to determine and deliver the right level of integrated medical and behavioral care based on the severity, type, number and combination of conditions.

Partner to provide local clinical support, drive up quality and collaborate on unified solutions.

Behavioral claims
Medical claims
Clinical data
Pharmacy data

Optum proprietary algorithms evaluate 18,000+ combinations of comorbidities to guide people to the appropriate level of care.

Engaging and supporting individuals

Individuals get the most out of their care when they are actively involved. That’s why we offer tools and support that inspire people to be invested in their own wellness.

- Help people confidently navigate complex or specialized conditions through programs and resources for caregivers, people with special needs, and individuals struggling with substance use disorders or mental health conditions.
- Put support at people’s fingertips through a variety of on-demand self-help resources, recovery and resiliency tools, crisis support, and information on wellness, benefits and networks.
- Continuously introduce innovative tools that enhance and customize the member experience, empower healthy choices, anticipate what individuals will need next and connect them to support in the moment.

Dedicated member portal

Recovery and Resiliency center with hundreds of resources.

Online cognitive behavioral therapy

- Moving through depression
- Calming anxiety
- Managing everyday stress
- Recognizing at-risk drinking and drug use

Employee Assistance Program (EAP)

Combining Optum Behavioral Health with EAP seamlessly connects employees to the care they need.

22% ↓ lower outpatient costs
18% ↓ fewer outpatient visits

optum.com
Optum Behavioral Health

Improving access to care
Guiding high-impact, integrated care
Engaging and supporting individuals

For more information, visit optum.com/behavioralhealth or contact your Optum representative.

6. Ibid.