

BEHAVIORAL HEALTH

Affecting an estimated 1 in 5 American adults each year;

behavioral health issues often go unaddressed — or inadequately addressed — straining our communities and the lives of those affected. Through vast and varied data assets, groundbreaking analytics and predictive modeling, Optum brings greater focus, precision and power to behavioral health services — **translating into better overall health outcomes and lower total cost of care.**



Nearly 21 million people suffer from substance use disorders (SUDs) each year.



Only 1 in 10 receives treatment for SUD.²



60% of adults with any mental illness didn't receive mental health services in the previous year.³



Behavioral health issues make up **more than**

20%

of total health care spending in the United States.⁴

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 the **nation's largest performance-tiered behavioral health network** and resources that inspire them to be more **engaged in their own wellness**. Pioneering proprietary analytics generate insights that help guide people to **high-impact, integrated care** tailored to their individual needs.

Connecting people to top-quality care

Access to services is vital, but we go further. We're making it easy for individuals to get evidence-based treatment from top-performing providers.



OPTUM HAS THE NATION'S LARGEST PERFORMANCE-TIERED NETWORK

172,000 providers nationally⁵

Express Access providers offer appointment times within **5 days**.



The industry standard is 14 days for a routine appointment.⁶

VIRTUAL VISITS



4,000+ telemental health providers across all 50 states

SPECIALIZED SERVICES



1,900+

Autism/Applied Behavior Analysis (ABA) practices⁷



95%

of members are within 20 miles of a Medication-Assisted Treatment provider.⁸

Guiding high-impact, integrated care

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



Approximately 14% of the population has comorbid medical and behavioral conditions and drive **28% of total health care costs**.⁹



Behavioral claims



Medical claims



Clinical data



Pharmacy data



Optum's 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. We offer tools and support that inspire people to be invested in their own wellness.



Combining the **Optum Employee Assistance Program** with Behavioral Health seamlessly connects employees to the care they need



49%

lower outpatient costs¹⁰



25%

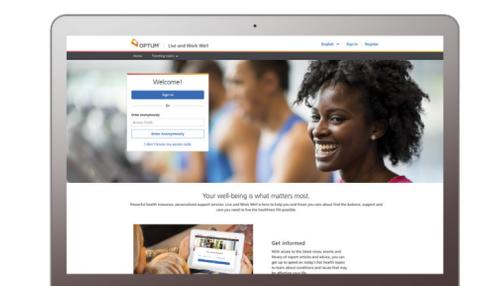
fewer outpatient visits¹⁰

Dedicated member portal with a recovery library that has more than

3,000 RESOURCES

Online cognitive behavioral therapy

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



Contact an Optum representative for more information or to schedule a meeting.

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 3. Park-Lee E, Lipari RN, Hedden SL, Kroutil LA, Porter JD. Receipt of services for substance use and mental health issues among adults: Results from the 2016 National Survey on Drug Use and Health. NSDUH Data Review. September 2017. Accessed on November 9, 2017, at <https://www.samhsa.gov/data/sites/default/files/NSDUH-DRFR2-2016/NSDUH-DR-FFR2-2016.pdf>.
 4. Steve Melek and Doug Norris. "Chronic Conditions and Comorbid Psychological Disorders." Milliman, 2008. <http://us.milliman.com/insight/research/health/pdfs/Chronic-conditions-and-comorbid-psychological-disorders/>.
 5. Boyle M, Hart M. Optum analysis. Jan. 1, 2018.
 6. Gallucci, Gerard, Swartz, Wayne & Hackerman, Florence (2005). Impact of the Wait for an Initial Appointment on the Rate of Kept Appointments at the Mental Health Center. Psychiatric Services, Vol. 56, No. 3, 344-346.
 7. Carter T. Feb. 15, 2016.
 8. Cox K. Data from Optum geo access reports. June 2017.
 9. Azocar F, Bargman EP, Smolskis JM, Groat TD. Optum analysis.
 10. 2015 Optum analysis of behavioral health claims of large national employers, Sirvallop and Motz, 01/17.