

# YOUR BEHAVIORAL HEALTH BENEFITS

Sutter Health Plus



At **Sutter Health Plus** we believe caring for your mental and behavioral health is just as important as your physical health. As a member, your coverage includes benefits for the treatment of mental health, behavioral health and substance use disorder through U.S. Behavioral Health Plan, California (USBHPC). USBHPC clinicians can provide support, information and resources to help address issues affecting your personal life, work and well-being, including assistance with:

- Stress or anxiety
- Feeling down or depressed
- Substance use concerns
- Prescription drug questions, and more

## Online Resources

USBHPC's Live and Work Well website at [liveandworkwell.com](https://liveandworkwell.com) is designed to give you quick, confidential, 24/7 access to the resources available, including:

- **Find a Resource:** locate providers and facilities, for in-person and virtual appointments
- **Benefits & Claims:** view claim status and learn about your mental health care coverage and benefits
- **Personal Life:** for caregiving, parenting, military and veterans, relationships and well-being
- **Mind & Body:** for mental and physical health, recovery and resiliency, and substance use disorder and addiction
- **Crisis Support:** for abuse, addiction, disasters, finance, hospitalization, housing and suicide prevention, and helping a loved one with a mental health crisis



### Virtual Care

Access to care with your convenience in mind. You can meet with providers online through private and secure video conferencing in real time. USBHPC providers can evaluate and treat general mental health conditions, such as depression and anxiety. They can also provide therapy and prescribe drugs, when appropriate. Treatment is provided by psychiatrists and therapists who are part of USBHPC's behavioral health network. As with in-person office visits, members may self-refer to a participating USBHPC provider for virtual office visits.

To find a participating mental health provider, call USBHPC at 1-855-202-0984 or access USBHPC's Live and Work Well website at [liveandworkwell.com](https://liveandworkwell.com).

All services are confidential. Your providers will not share your personal information with anyone else without your written permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.