

# Behavioral health provider access

An important part of your plan offering



Behavioral health access can be a key component to your overall health and well-being. By accessing a UnitedHealthcare network, you have access to the nation's largest and most comprehensive behavioral health network.

Here is a quick overview of the behavioral health network services offered through UMR and UnitedHealthcare:

- Comprised of 130,000-plus individual behavioral health care providers and 5,000 facilities
- Providers across all 50 states
- Specialties represented include:
  - Psychiatrists
  - Addictionologists
  - Psychologists
  - Nurses
  - Clinicians with master's degrees in areas such as social work and counseling
- Thorough and rigorous credentialing process guided by NCQA standards. Credentialing includes independent verification of information, such as a provider's state licenses and degrees attained as well as checks in other areas, including Medicare/Medicaid sanctions, malpractice insurance and claims history
- Promotion of outstanding behavioral health care beyond credentialing by evaluating and rating of providers based on the quality and efficiency of their care for patients with mental health and substance use disorders
- Top-rated providers, who meet high standards for quality and efficiency, are designated with two stars next to their names. Providers who meet standards for quality are designated with one star on [umr.com](https://www.umar.com) online provider directory

## You can find a behavioral network provider easily

1. Go to [umr.com](https://www.umar.com) and select **Find a provider**
2. Search for **UnitedHealthcare Choice Plus or Options PPO Network**
3. Select **View directory of behavioral health providers**

You can also find a provider on-the-go using the [umr.com](https://www.umar.com) mobile site.



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