

# BEHAVIORAL HEALTH

**Affecting an estimated 1 in 5 American adults each year,<sup>1</sup>**

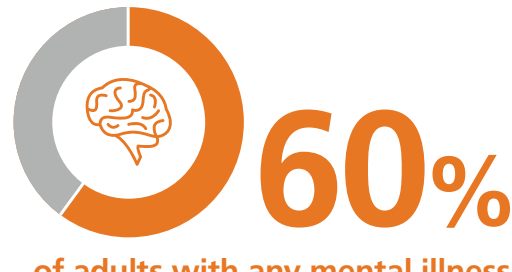
behavioral health issues often go unaddressed — or inadequately addressed — straining our communities and the lives of those affected. Through vast and varied data assets, groundbreaking analytics and predictive modeling, Optum® brings greater focus, precision and power to behavioral health services — **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.<sup>2</sup>



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



Behavioral health issues make up **more than**

**20%**

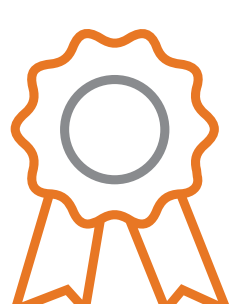
of total health care spending in the United States.<sup>4</sup>

## 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

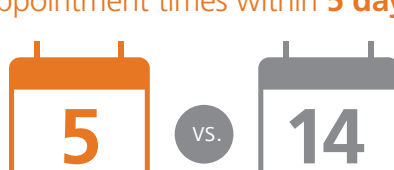
Access to services is vital, but we go further. We're making it easier for members to get the right care, at the right time, in the right setting.



**OPTUM HAS AN EXTENSIVE BEHAVIORAL HEALTH NETWORK**

**244,000+** providers nationally<sup>5</sup>

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



The industry standard is 14 days for a routine appointment.<sup>6</sup>

**VIRTUAL VISITS**



**39,000+** telemental health providers across all 50 states

## SPECIALIZED SERVICES



**7,800+** autism/applied behavior analysis (ABA) practices



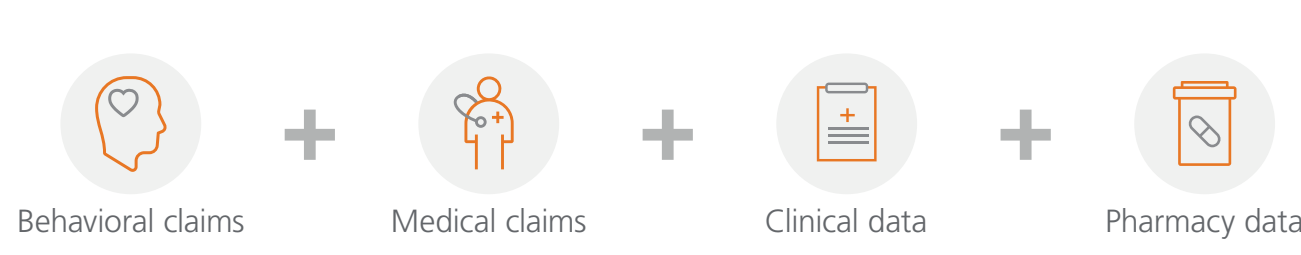
**90%+** of members are within 20 miles of a medication-assisted treatment (MAT) provider.<sup>7</sup>

## Guiding high-impact, integrated care

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



**Approximately 14% of the population** have comorbid medical and behavioral conditions and drive **28% of total health care costs**.<sup>8</sup>



Optum proprietary algorithms evaluate

**18,000+**

combinations of comorbidities to guide people to the appropriate level of care.

## Engaging and supporting individuals

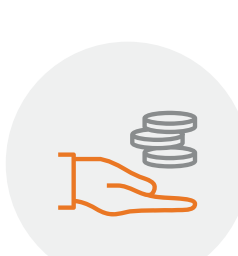
Individuals get the most out of their care when they are actively involved. We offer tools and support that inspire people to be invested in their own wellness.



**Certified peer support specialists** work with individuals to design recovery plans based on personal strengths and goals.



**24%** reduction in inpatient days<sup>9</sup>



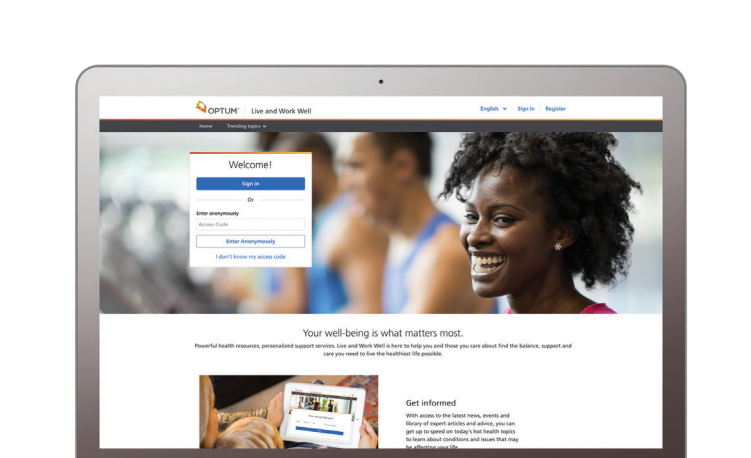
**21%** reduction in overall behavioral health costs<sup>10</sup>

Dedicated member portal with a recovery library that has

# HUNDREDS OF RESOURCES

### Online cognitive behavioral therapy

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



For more information, visit [optum.com/behavioralhealth](http://optum.com/behavioralhealth) or contact your Optum representative.

1. Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. "Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health," 2018. Available at: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>.  
 2. Center for Behavioral Health Statistics and Quality. (2016). Results from the 2015 national survey on drug use and health: Detailed tables. Rockville, MD: Substance Abuse and Mental Health Services Administration.  
 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-DR-FFR2-2016/NSDUH-DR-FFR2-2016.pdf>.  
 4. Melek S, Norris D. "Chronic Conditions and Comorbid Psychological Disorders." Milliman, 2008. <http://us.milliman.com/insight/research/health/pdfs/Chronic-conditions-and-comorbid-psychological-disorders/>.  
 5. Optum national behavioral provider network count as of January 2021. Karimzadeh, January 2021.  
 6. Gallucci G, Swartz W, Hackerman F. (2005). Impact of the Wait for an Initial Appointment on the Rate of Kept Appointments at the Mental Health Center. *Psychiatric Services*. 56(3): 344-346.  
 7. Ogren L. Data from Optum geo access reports for Commercial membership. December 2019.  
 8. Azocar F, Bargman EP, Smolskis JM, Groat TD. Optum analysis.  
 9. Results from an Optum January 2017 analysis of 338 members who enrolled in Optum peer support services between February 1, 2014, and February 28, 2016; results are within six months after enrollment compared to six months prior to enrollment; participants had continuous eligibility for six months pre- and post-referral and at least one behavioral health (mental health and/or substance use) claim during that period. Source: Ten Eyck, Nov. 6, 2017.  
 10. Ibid.