

TELEHEALTH FOR YOU.

## Physical and mental health go hand in hand. Sam is here to help.

Access to mental health counseling is in the palm of your hand with Sam, the telehealth app from UCM Digital Health.

### Through your health plan, you have access to confidential mental health counseling and care coordination through UCM's telehealth service.

This service is to help you manage your overall well-being and is available to you and your immediate family members for help with:

- Alcohol and drug abuse
- Anxiety and depression
- Child and family issues
- Dealing with change
- Parenting and elder care
- Healthy living practices
- PTSD
- And more.



Available 24/7 via phone, mobile app or website



Paid for by employer, no co-pay or out-of-pocket cost.



Ongoing care, direct referrals for further levels of care



Convenient access on mobile device via mobile app

Remember, mental health is part of overall well-being. Download the Sam app today, and have access to mental health counseling in the palm of your hand, anytime you need it.

A

SAM BY UCM MOBILE APP



B

VISIT [WWW.GOSEESAM.COM](http://WWW.GOSEESAM.COM)

SCAN



CODE

C

CALL US BY PHONE

**844-4-VIP-DOC**

(844-484-7362)