

# OptumHealth<sup>SM</sup>

## NEWS RELEASE

### OPTUMHEALTH RANKED LARGEST BEHAVIORAL HEALTH PROVIDER BY *PSYCHOTHERAPY FINANCES*

*More Than 43 Million Individuals Have Access to OptumHealth's Behavioral Solutions*

**GOLDEN VALLEY, Minn.** (June 23, 2008) – [OptumHealth](#) has been ranked by *Psychotherapy Finances* as the nation's largest provider of mental health and substance use treatment services, based on the number of total lives covered by its services. A survey conducted by the magazine and published in its March 2008 edition reported that [OptumHealth's](#) behavioral health services are available to more than 43 million individuals.

“Touching so many lives means we have a tremendous responsibility to provide the highest quality of care so that individuals can achieve the best clinical outcomes,” said Gregory A. Bayer, Ph.D., chief executive officer of [OptumHealth Behavioral Solutions](#), which provides the company's behavioral health services. “Coupled with our [Utilization Review Accreditation Commission \(URAC\)](#) and [National Committee for Quality Assurance \(NCQA\)](#) accreditations, this distinction further demonstrates our commitment – and ability – to offer high-quality, integrated medical and behavioral health care programs that improve outcomes for consumers, while reducing health care costs for clients.”

[OptumHealth Behavioral Solutions'](#) capabilities are designed to improve outcomes and lower overall medical costs for customers. These capabilities include:

- Helping members with chronic medical conditions manage potential behavioral health issues that might impede medical treatment and clinical improvement
- Reducing short-term mental health disability claims costs by helping disabled members return to work quickly
- Analyzing a customer's pharmacy claims data to pinpoint opportunities to help him or her adhere to medical prescriptions, and to identify problem-prescribing patterns
- Improving outcomes through employee assistance programs; work-life resources such as financial, legal, eldercare and childcare services; and support from master's level specialists who work with members to help them achieve their wellness goals
- Creating greater access to care through telephonic, online services and online self-directed interactive wellness programs

#### **About OptumHealth**

OptumHealth helps individuals navigate the health care system, finance their health care needs and achieve their health and well-being goals. The company's personalized health advocacy and engagement programs tap a unique combination of capabilities that encompass care solutions, behavioral solutions, specialty benefits and financial services. Serving more than 61 million people, OptumHealth is the nation's largest health and wellness company. It is a business unit of

UnitedHealth Group (NYSE:UNH). More information about [OptumHealth](https://www.optumhealth.com) can be found at [www.optumhealth.com](https://www.optumhealth.com).

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**For more information, contact:**

Brad Lotterman  
Senior Manager, External Communications  
OptumHealth  
(714) 445-0453  
[brad.lotterman@optumhealth.com](mailto:brad.lotterman@optumhealth.com)