

Your PEBTF Mental Health and Substance Use (MHSU) benefit



In addition to your SEAP benefit, if you are enrolled in PEBTF medical benefits, the PEBTF provides a mental health and substance use benefit for you and your covered dependents. Your PEBTF Mental Health and Substance Use (MHSU) benefit can give you the care and support you need when problems are too difficult to work through alone.

What can my MHSU benefit help me with?

Through your MHSU benefit, you have access to in-person support for a wide range of concerns, such as:

- Managing stress
- Depression
- Eating disorders
- Coping with grief and loss
- Alcohol or drug dependency
- Anger management
- Anxiety
- Marital issues
- Physical abuse
- Family issues
- Mood disorders
- Compulsive gambling

What does my MHSU benefit cover?

To help you address concerns, the following types of services are covered by your MHSU benefit:

- Acute inpatient care
- Residential treatment
- Partial day treatment
- Medication management
- Halfway homes
- Family, marital and group therapy
- Alcohol or drug dependency programs
- Individual outpatient therapy



Questions?
Call toll-free
1-800-924-0105,
TTY 711

How do I get started?

If you want to find a provider, ask a question or request a service, simply call our toll-free number. You will be immediately connected to an experienced Optum specialist who will help you determine which type(s) of service you need. Available any time, our friendly and supportive staff are expert in helping people identify the nature of their problems and finding the right resources to address them.

What happens when I call?

An Optum specialist will ask you a few questions to help you identify the best resource to assist you with your personal situation. Then, he or she will locate a local Optum network provider who is experienced in helping people with problems similar to yours. We'll make every effort to satisfy your unique requirements, such as gender preference or language needs. The Optum specialist will give you all the information you need to schedule a convenient appointment with a provider. You may also view the provider network by visiting liveandworkwell.com. Enter access code, Pennsylvania. Your out-of-pocket costs will be lower if you use a network provider.

Mental Health and Substance Use (MHSU) benefit at a glance

	If you visit an Optum network provider	
	PPO option	Custom HMO
Mental health		
Outpatient visit copayment	\$20 copayment	\$5 copayment
Outpatient (all other)	100% plan payment after deductible	100% plan payment
Inpatient & intermediate	100% plan payment after deductible	100% plan payment
Substance use		
Outpatient	\$20 copayment	\$5 copayment
Outpatient (all other)	100% plan payment after deductible	100% plan payment
Inpatient	100% plan payment after deductible	100% plan payment
Ambulatory detoxification (Medical detoxification covered by medical plan)	100% plan payment after deductible	100% plan payment

Please refer to the PEBTF summary plan description (SPD) for more information. Bronze Plan members, please refer to the summary in the SPD. Information may be found on pebtf.org.

Custom HMO is an in-network benefit only.

All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.

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Optum does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

If you or someone you know have thoughts about suicide, seek help right away. **If you or someone you know is in immediate danger, call 911 – or go to the closest emergency room.** To reach a trained crisis counselor, call the 988 Suicide & Crisis Lifeline (previously known as the National Suicide Prevention Lifeline) at 988 or 1-800-273-TALK (1-800-273-8255). You may also text 988 or chat at 988.lifeline.org. The Lifeline provides 24/7 free and confidential support*.

*The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 additional languages for people who call 988.

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