



# Connect Care<sup>SM</sup> Behavioral Health

## Now Available: Virtual, Same-Day Behavioral Health Treatment

### WHAT IS CONNECT CARE BEHAVIORAL HEALTH?

This new Intermountain Healthcare service opens up psychiatric care to adults over 18 anywhere in Utah or Idaho. Connect Care Behavioral Health can be accessed using a smart phone, tablet, or computer.

Patients receive treatment for mild-to-moderate conditions—anxiety, depression, addiction, and more—including medication prescribing and management.

### WHAT COMMONLY TREATED CONDITIONS ARE CONSIDERED “MILD TO MODERATE”?

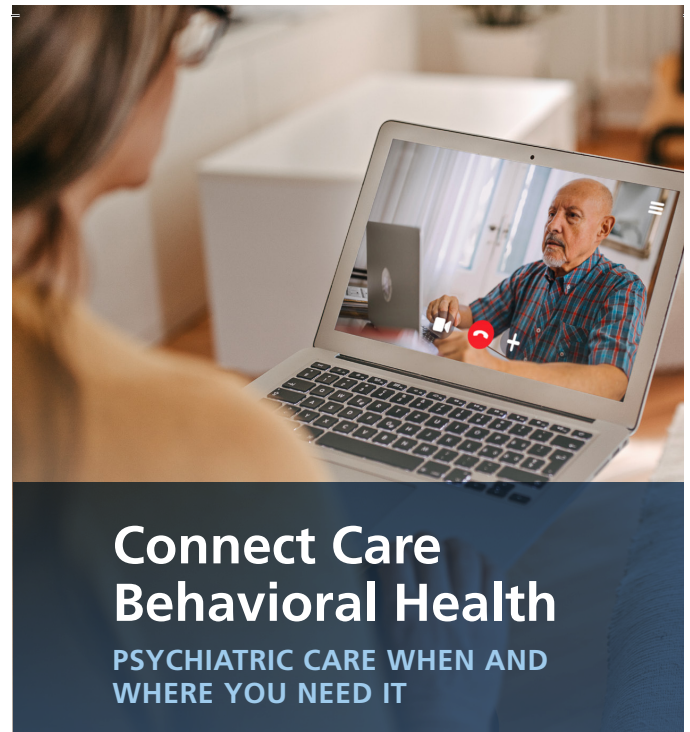
Commonly treated, mild-to-moderate conditions treated via Connect Care Behavioral Health include:

- > Addiction or substance use disorder (SUD)
- > Anger or mood swings
- > Anxiety
- > Attention deficit hyperactivity disorder (ADHD)
- > Bipolar disorder
- > Depression
- > Insomnia
- > Panic attacks
- > Post-traumatic stress disorder (PTSD)
- > Stress

### HOW DO WE CONNECT PATIENTS WITH THESE SERVICES?

**To schedule an appointment:** Call **833-442-2670**.

Intermountain has appointments available daily for adults (ages 18+) from 7:00 a.m. to 7:00 p.m., including same-day appointments.



Patients can now also schedule an appointment on the **MyHealth+** app by:

- 1 Downloading the MyHealth+ app (or using the web version)
- 2 Selecting “Get Care” in the app; then, selecting “Appointments”
- 3 Picking “Behavioral Health-Connect Care” specialty
- 4 Booking an appointment

**For Intermountain providers,** refer a patient in iCentra by searching for Connect Care in the “Refer To” field and selecting “Connect Care – Behavioral Health.”

### Questions?

For more information, visit [Connect Care Behavioral Health Clinic](#).  
You can also email either [Susan Scott, MHPNP, FNP](#) or [CCBehavioralHealth@imail.org](mailto:CCBehavioralHealth@imail.org).