

An easy way for Uniform Medical Plan (UMP) Members to get **behavioral health care**

Let Quartet connect you to behavioral health care that's covered by UMP, and fits your needs and preferences.

Through Quartet, you'll be matched to a provider that's right for you, based on your insurance, needs, and preferences.

Get started: qrt.care/regenceUMP

Note: Quartet is only available to UMP members ages 18 and older who reside and are seeking care in Washington state.

Your behavioral health care options



Therapy

In-person or virtual



Psychiatry

In-person or virtual

Find the right behavioral health care for you with Quartet



A free and confidential platform

Quartet's platform and services are free for you to use. If you see a network provider, your copay or deductible may apply.



More time for what matters

Quartet does the legwork to match you to the right behavioral health care, so you can spend less time looking for care, and start feeling better instead.



Support along the way

Whether it's help with appointments or understanding your care options, Quartet's Care Navigators are there to help you along your care journey.

Ready to connect to care?

Get started by visiting Quartet's website at qrt.care/regenceUMP or by calling Quartet's Care Navigation Team at [\(253\) 248-6588](tel:2532486588).

Quartet

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