

# Network Notes

Optum news and updates for Clinicians and Facilities

Winter 2022/2023

We hope you find this publication of Network Notes helpful and insightful. This quarterly newsletter covers important updates and topics of interest to our provider network. Additional details for the following topics can be found on [providerexpress.com](http://providerexpress.com).

## Health Equity Foundations

### HEALTH EQUITY

Optum Health Education – Health Equity

### Health Equity

Health equity is achieved when every person, regardless of race, place or circumstance, has the opportunity to live their healthiest life. Some of the known barriers to health equity are referred to as social determinants of health (SDoH) and are determined by the conditions in which people are born, grow, live, work, play and age.

**This activity will define health equity; distinguish between equity, equality and justice; discuss health equity and inequities; and identify individual strategies to promote health equity.**

#### Target Audience

This activity is designed to meet the educational needs of:

- Case managers
- Family physicians
- Nurse practitioners
- Nurses
- Optometrists
- Pharmacists
- Pharmacy technicians
- Physicians
- Physician assistants
- Psychologists
- Social workers
- other health care professionals

#### ACTIVITY SUMMARY

##### Available credit:

- 1.00 AAFP - Family Physicians
- 1.00 ACPE - Pharmacists
- 1.00 ACPE - Pharmacy Technicians
- 1.00 AMA - Physicians
- 1.00 ANCC - Nurses
- 1.00 APA - Psychologists
- 1.00 Attendance - General Attendance
- 1.00 CCMC - General - Case Managers
- 1.00 CDR - Dietitians
- 1.00 COPE - Optometrists
- 1.00 ASWB - Social Workers

Activity opens: 10/05/2022

Activity expires: 10/07/2025

Rating: ★★★★★

[Health Equity Foundations on  
Optum Health Education](#)

# Smart Technology Authorization Request (STAR)

STAR

Optum.com – STAR overview

## Optum has shifted to a standardized clinical review process through STAR

[Learn More](#)

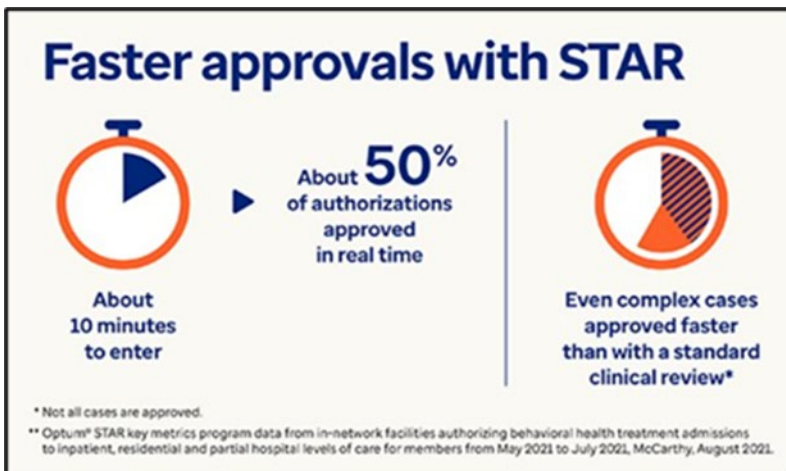
**You've been hoping for a faster, simpler, more streamlined process that can give clinical authorization approvals within seconds.**

Smart Technology Authorization Request (STAR) is a whole new experience when you're requesting an authorization of care. Created with care through real behavioral health professional input and testing, it reinvents the process to expedite approvals and take less of your time.

### A BETTER CLINICAL REVIEW EXPERIENCE

- STAR is available to Optum contracted behavioral health facilities that offer inpatient, residential or partial levels of care.
- Asks a limited number of relevant questions about the patient's symptoms and severity, risk and proposed treatment.
- Instantly reviews the information, comparing it with industry-recognized guidelines and best practices.

[Learn More](#)



# Cultural Sensitivity Training

## CULTURE

Provider Express – Clinical Resources

## Advancing health equity for those we serve

Sign up for new on-demand  
Cultural Sensitivity Training courses



**Our mission is to help people live healthier lives and make the health system work better for everyone. Promoting and instilling the values of culture, inclusion and diversity are critical to achieving this mission and truly making a difference.**

As part of this commitment, we invite you to sign up for free and on-demand Cultural Sensitivity Training courses for in-network behavioral health professionals:

- **LGBTQ+ Mental Health Training** (1.5 CEUs): Developed in partnership with OutCare Health, this course is designed to help deepen your understanding of how to care for members of the LGBTQ+ community.
- **Unconscious Bias Training** (Certification): This free, 30 minute on-demand course is designed to help you evaluate and overcome your own unconscious biases.

[Sign up today](#)

## Bell Seal

### BELL SEAL FOR WORKPLACE MENTAL HEALTH

Optum workplace

### Optum Behavioral Health earns Mental Health America's Platinum Seal Certification

Mental Health America (MHA) is a leading community-based nonprofit founded in 1909 and dedicated to addressing the needs of those living with mental illness.

**Leading by example:** The designation shows **Optum is living our mission** to help people live healthier lives within our own organization. We **ensure our employees have the tools and resources they need** to foster and **take care of their mental health.**

