

# Your Behavioral Health Benefit

## Well-being for work and life.

At times you may feel overwhelmed. Maybe you have a personal or workplace issue that consumes your thoughts. Perhaps you, your child or your spouse is struggling with stress, depression or addiction.

We can help. Your Behavioral Health benefit provides confidential support for those everyday challenges, and for more serious problems. It's available around the clock anytime you need it.

## What can my Behavioral Health benefit do for me?

Your Behavioral Health benefit — which includes counseling and substance abuse recovery services — can help you effectively deal with stressful and challenging situations. People often call for such personal issues as:

- Depression
- Anxiety and stress
- Alcohol abuse
- Drug abuse
- Anger management
- Coping with grief and loss
- Marital problems
- Domestic violence
- Eating disorders
- Compulsive spending or gambling
- Medication Management

We're here to help you and your family with a wide range of personal and work-related needs.

Call the toll-free phone number on the back of your ID card or log on to [liveandworkwell.com](https://liveandworkwell.com)

Or visit [myuhc.com](https://myuhc.com)®, select "Benefits & Coverage," and click the "Mental Health and Substance Abuse" link



To find out more, give us a call or visit  
[liveandworkwell.com](https://liveandworkwell.com).



## How does it work?

Accessing your Behavioral Health benefit is easy and available 24 hours a day. Just go to **liveandworkwell.com** and click the “Find A Provider” link. Once here, you can choose to see a provider in-person or you can choose to meet with a provider online through private and secure video-conferencing. This option offers the convenience and privacy of speaking with a psychiatrist or therapist from your own home.

The choice is yours. Click “Telemental Health” to find a provider who provides appointments via video-conference. Or click “Find A Provider” to search for a specialist who you can meet with in-person.

## Connecting online.

For 24-hour, confidential access to your Behavioral Health benefit and tools to help you enhance your work, health and life, simply visit **liveandworkwell.com**. Once you have accessed your Member Welcome page, use Quick Links Claims & Coverage to check your benefit information and submit online requests for services, search our online directory of clinicians, access information and resources for hundreds of everyday work and life issues in one of our many virtual help centers, and participate in interactive, customizable self-improvement programs. Any member of your household may access these online services, including dependents living away from home.

## How much will this benefit cost?

Services received through your benefit may require pre-authorization and/or co-payment and/or coinsurance, and there may be a deductible. There is no charge for obtaining a referral, and you may access information and develop personal plans at **liveandworkwell.com** as often as you want for free. For more information, please refer to your employer-provided benefit information.

## Are services confidential?

We don't share your personal records with your employer without your permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.

**In an emergency, the first concern is your health.  
Call 911 or get to an emergency room as soon as possible.**



**Click or call anytime for  
help with the demands  
of everyday life.**