Your Behavioral Health Benefit

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

Call the Customer Care number on the back of your health plan ID card. You can also register and log in to **www.liveandworkwell.com** enter using access code, uhc.

Or log in to **myuhc.com**®, select "Benefits & Coverage," and click the "Mental Health/ Substance Abuse" link in the left navigation.

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:

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

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How does it work?

Accessing your Behavioral Health benefit is easy and available 24 hours a day. A specialist will help you identify the nature of your problem and the appropriate resources to address it. If you want to see a clinician, we'll match you with one in our network who has the appropriate experience to help.

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.

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

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 or anyone else 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.

UnitedHealthcare®

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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