



# 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 toll-free number on the back of your ID card or log on to [www.liveandworkwell.com](http://www.liveandworkwell.com)

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

## 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

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





## 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](http://liveandworkwell.com). You can 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 a copayment, 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](http://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.**

**Free.  
Confidential.  
All day, every day.**

**Your Behavioral  
Health benefit  
Call anytime for help  
with the demands  
of everyday life.**

