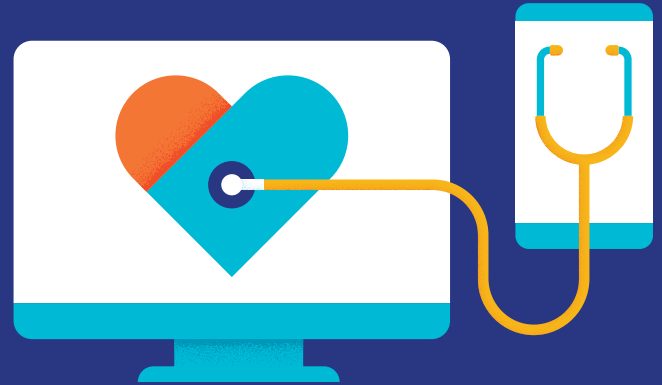




Behavioral health resources and care, all in one place



With Live and Work Well, behavioral health support services are available for you and your family to access anytime, anywhere—whether you're in a time of greater need or may want to work on personal growth. As part of your health plan benefits, Live and Work Well is available at no additional cost to you and your family.

Find the right care for you

Use the provider search to help locate therapists, psychiatrists or other behavioral health clinicians and facilities near you. You'll be able to narrow your search by provider name, location, area of expertise and more. After you find a provider, you have the option of scheduling an in-person or virtual appointment.

Tap into behavioral health support

Explore hundreds of articles, videos, interactive self-help programs and other tools to help you with the ins and outs of everyday life—even if you might not have any pressing concerns. These resources are available anytime.

With live and work well, you can:

- Find network behavioral health providers
- Schedule in-person or virtual appointments with providers
- Read, watch and learn about a variety of behavioral health related topics

Get started

To access Live and Work Well and see your mental health benefits, sign in to myuhc.com[®]. Then, go to **Coverage & Benefits > Mental Health**



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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