

## Helping to take the stress out of behavioral health benefits.



### Well-being for work and life.

At times you may feel overwhelmed. Maybe a personal or workplace issue 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 around-the-clock, confidential support for everyday challenges, and for more serious problems.

### What can Behavioral Health Solutions 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.

Common issues include:

- 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

## How does it work?

Accessing your Behavioral Health benefit is easy and available 24 hours a day. Just go to [liveandworkwell.com](https://liveandworkwell.com) and click the “Find A Provider” link. Once there, 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 offers video conference appointments. 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](https://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. You can also 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 preauthorization, and/or copayment 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](https://liveandworkwell.com) as often as you want for no additional charge. For more information, please refer to your employer-provided benefit information.

## Are services confidential?

All records, including medical information, referrals and evaluations, are maintained in accordance with federal and state laws.

**In an emergency, call 911 or get to an emergency room as soon as possible.**



**To learn more:**

Call the toll-free number on the back of your health plan ID card or visit [liveandworkwell.com](https://liveandworkwell.com).



Oxford HMO products are underwritten by Oxford Health Plans (NJ), Inc. and Oxford Health Plans (CT), Inc. Oxford insurance products are underwritten by Oxford Health Insurance, Inc. Administrative services provided by Oxford Health Plans LLC.

[Facebook.com/UnitedHealthcare](https://www.facebook.com/UnitedHealthcare) [Twitter.com/UHC](https://twitter.com/UHC) [Instagram.com/UnitedHealthcare](https://www.instagram.com/UnitedHealthcare) [YouTube.com/UnitedHealthcare](https://www.youtube.com/UnitedHealthcare)

B2C EI20130107.0 4/20 ©2020 Oxford Health Plans LLC. All rights reserved. 20-130766-C MS-18-104R1 11025 R8