

## Your Behavioral Health benefit



With so many things to do and plan, day-to-day living can feel challenging. At times, you may even feel overwhelmed. Our specialists can provide support, information and resources to help address issues affecting your personal life, work and well-being.

### We can help.

Contact us for assistance with:

- Stress or anxiety
- Substance use concerns
- Counseling support
- Feeling down or depressed
- Medication questions
- and more

### Is my benefit confidential?

We'll never share your personal information 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.

### Contact us anytime you need help with any of life's concerns:



Log on to **liveandworkwell.com**  
**Health Plan code - MH**  
**Medicare Advantage Plan code -**  
**MHMCARE**



Or call us at: **888-280-3557**  
Specialists are available 24/7.

Benefits described above are administered for your health plan by Optum Inc. subsidiaries, United Behavioral Health and, in California, U.S. Behavioral Health Plan, California.

**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. 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.