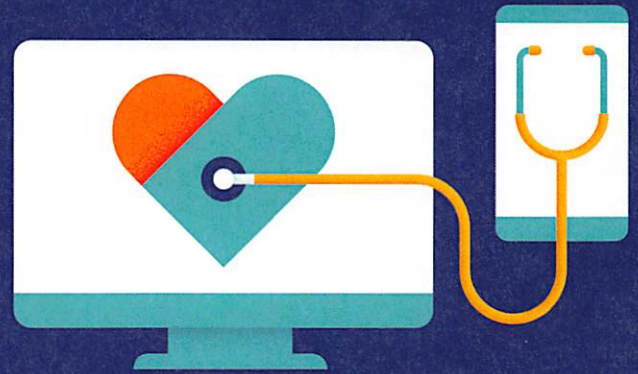




Behavioral health resources and care, all in one place.



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**.

United
Healthcare®

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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- Go to liveandworkwell.com
- Login using HealthSafe ID
- On the main page, scroll down and click “popular tools” then click “show more”
- Click on “explore videos now” under PsychHub

How can we help you today?



Coronavirus disease 2019 (COVID-19)

Learn ways to be mindful and keep your stress in check so you can plan, not panic. [Learn More.](#)

Search

We can help with mental health, substance use and more.



“ I’m here to meet members where they are, to give them the encouragement they need to move forward in their next chapter.

Michelle M. Johnson,
MA, LPCC, Behavioral Health Advocate

Highlighted benefits

Popular tools

Monthly spotlights

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Psych Hub Videos

Learn about mental health, substance use and treatment options.

Explore videos now



Something on your mind? Message a dedicated therapist any time, anywhere

With Talkspace online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. Make progress. No office visit required.

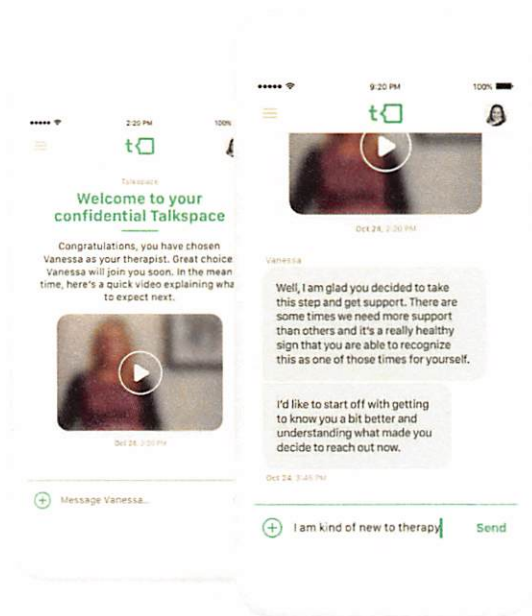
Here's how Talkspace can fit your life: With Talkspace, you can message a licensed therapist, 24/7.*

- Find a therapist with an online matching tool.
- Start therapy within hours of choosing your therapist.
- Therapists respond daily, five days a week.
- Schedule live video sessions, when needed.
- Download the Talkspace app on your mobile phone or desktop computer.

Talkspace is *your* space. To use in *your* time. It's private, confidential and convenient. And it's covered under your plan's behavioral health benefits.**

Talkspace is convenient, safe and secure.

Simply register (first visit only) and choose a provider at talkspace.com/connect. Then message any time, anywhere.***



iOS • ANDROID • DESKTOP
TEXT • VOICE • VIDEO • PHOTO

***Data rates may apply.**

**Copayment may apply and will be charged weekly via credit card. You may use Talkspace as often as desired per week once copayment for that week has been paid.

***Therapists respond to messages daily, five days a week.

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