






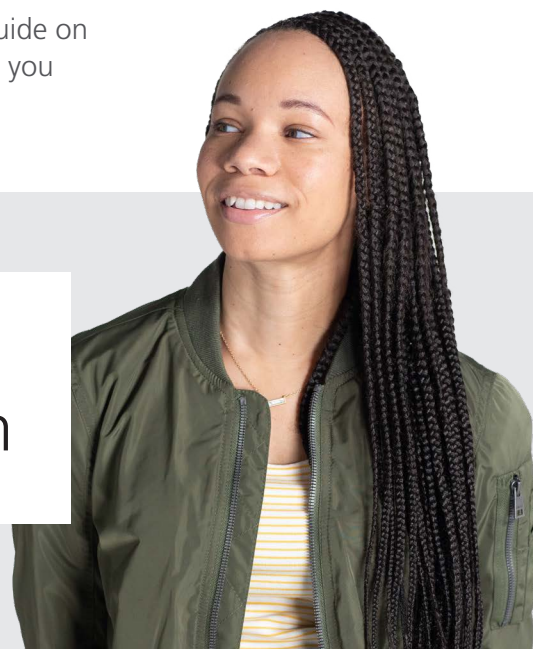
We make finding support easy.

Connecting to care is easier than ever on **liveandworkwell.com**. It's available around the clock, from the convenience of your desk or the comfort of your home. You'll find 24/7 confidential access to professional care, self-help programs and resources specific to your needs — whether you're dealing with substance use, depression and anxiety or seeking care for a family member.

-  **Explore care options**
Choose "Find Care" to easily connect to the right care at the right time. Simply answer a few questions about how you're feeling — and your goals — and we will recommend resources to meet you where you are in your mental health journey. You can get support for yourself or a family member.
-  **Benefits and services**
Learn what's available to you and how to make the most of your resources and benefits.
-  **Substance Use Center**
Look in "Explore and Learn" to get confidential support, learn about medication-assisted treatment and find practical resources on how to locate high-quality care for yourself or a loved one.
-  **Explore and learn**
Get tools and information about a range of topics, such as stress and anxiety, to help you navigate your way to feeling better.
-  **Explore therapy**
Look in "Explore and Learn" to find a step-by-step guide on how to find the right therapist, what to expect when you start and how to make the most of your sessions.



Learn more at
liveandworkwell.com



YOU supported.

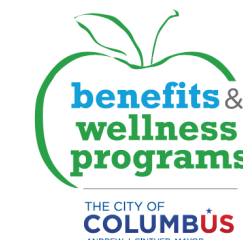
When you want
support that fits
your schedule



Scan the QR code
and log on to
liveandworkwell.com.

Register or use your HealthSafe ID to see your personalized plan benefits. To browse as a guest, use access code: **COLUMBUS**.

Call **800-861-3849**.



Help is available — and part of your health plan

Having depression, anxiety or a substance use disorder isn't your fault. These mental health conditions are common. And just like physical health conditions, they deserve the support of a caring health care provider. Help is available through your {Health plan} benefits.*

Your benefits include:

- An extensive network of mental health providers
- Virtual Visits — online appointments at your convenience
- Individually tailored treatment plans
- Faster access to care
- Digital support tools and resources

Your Behavioral Health plan can help you:

Find expert care

Whether you need short-term emotional support or treatment for a chronic mental health condition, connect with treatment from providers who understand. Your benefits include:

- A national network of mental health providers
- Individually tailored treatment plans
- Online appointments (called Virtual Visits)
- 24/7 phone support

If you are in a crisis or thinking about suicide, there is hope — call the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255)** or text "Connect" to **741741**.

Get 24/7 support for substance use disorders

Connect with specialists trained in addressing substance use disorders. After an evaluation, we'll guide you to the right treatment for you, like inpatient and outpatient treatment, individual and group therapy, peer or community resources, among other options.

For immediate help and direction, call the Substance Use Treatment Helpline at **1-855-780-5955**.

Explore and learn about mental health topics

Visit [liveandworkwell.com](https://www.liveandworkwell.com) for 24/7 confidential access to professional care, self-help programs and resources specific to your needs — whether you're dealing with substance use, depression and anxiety or seeking care for a family member.

Manage claims easily

Track, submit and get reimbursed quickly, so you can focus on what matters to you.



800-861-3849

**24/7
Availability**

Confidential

**Family
support**

* Included as part of your employer-provided benefits.

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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