



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**
Access code: Travis



For more information, call the number on
the back of your member ID card



This program is not a substitute for a doctor's or professional's care. This service should not be used for emergency or urgent care situations. In an emergency, call 911 or go to the nearest emergency room. 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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