

Find the right support for you.

Connect with your Member Assistance Program.

24/7. Confidential. No cost to you.



Learn more at
liveandworkwell.com.

To learn more about your benefits, register with your HealthSafe ID or enter your company access code: **Cement**

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. Coverage exclusions and limitations may apply.

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YOU
supported.



When it's time for professional help

Losing a job, going through a divorce, getting into a car accident — We expect to be stressed by big, negative events. But sometimes everyday hassles build up to the point that they wear you down. Whether you're constantly worrying about work, relationship or money issues, your MAP and Optum Behavioral Health plan Benefit offers confidential help and support managing:

- Financial and legal matters
- Domestic violence
- Substance use
- Eating disorders
- Stress, anxiety and depression
- Relationship problems
- Parenting and family issues
- Childcare and eldercare



What's a clinician?

A clinician may be a psychologist, psychiatrist or master's-level specialist trained in social work, nursing, professional counseling, or family and marriage therapy.

Is MAP confidential?

Yes. All records are kept confidential in accordance with federal and state laws. We never share your personal records with anyone without your permission.

How much does this cost?

As part of your benefits, MAP services are available at no extra cost to you. This includes referrals, seeing in-network clinicians, access to liveandworkwell.com, and initial consultations with mediators or financial and legal experts.

Want to retain a lawyer after your consultation? You'll get a 25% discount.

What other resources are available?

Connecting to care is easier than ever on liveandworkwell.com. It's available around the clock from 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 a temporary life challenge, seeking support for stress and anxiety, or dealing with substance use.

Simply answer a few questions and we'll show you the top benefits and resources available for you, based on your needs. You can get support for yourself or a family member.



Get clear information about your benefits. Learn what's covered and available to you to match your needs.



Set goals and improve your mental health. Want to feel less stressed? Feeling isolated? Want to improve your relationships? Whatever your goals, getting connected to resources just got easier.



Connect with care quickly, on your own terms. Learn about your options and choose what fits your lifestyle and needs. Therapists are available both virtually and in person.

Register online to see your personalized plan benefits.



Call us 24/7 at
800-842-0209



For online support, log in at
liveandworkwell.com

Enter access code: Cement

24/7
Availability

Confidential

No extra
cost to you