



Liveandworkwell.com

At liveandworkwell.com, you can find the tools you need to face everything life may hand you. It's available around the clock, from the convenience of your desk or the comfort of your home. You'll find confidential access to professional care, self-help programs and information.

Explore how you can:

- Get personalized assistance to help you manage the big events in your life.
- Request information, resources or referrals that help balance work and personal needs.
- Get answers to questions about mental health and medical concerns to help you deal with stress, depression, anxiety and other conditions.
- Find childcare resources, eldercare, financial services, legal assistance and much more.

Easy Online Clinician Search and Special Databases

Whether you're seeking a therapist, daycare provider or divorce lawyer, liveandworkwell.com has the search tools to assist you. The Clinician Search offers a searchable list of our clinicians and clinician groups. Narrow your selection by clinician name, location, specialty, medical group, ethnicity, language, gender, or area of expertise.

Personalized Claims and Coverage

Free up time spent on the phone. The secure Claims and Coverage section lets members view eligibility and benefits, track claim status, and much more. Live Chat and secure messaging are available in case you need help.

If you have a Smartphone download the new myLiveandworkwell app today! Search for a clinician or connect to a real person dedicated to making your life easier.

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

1-866-248-4094

or log on to
Access code: UHH

TDD/TTY: Dial 711 and enter the toll-free number listed above.



Services and tools available vary depending on your benefit package. Please ask your health benefits representative for details.

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