

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
- Virtual visits

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.

How much will this benefit cost?

Benefit levels are the same as those included in the IBEW Local 18-sponsored Anthem Blue Cross medical plans. Some services may require pre-authorization, copayment, and/or deductible, depending on the Anthem Blue Cross plan elected.

There is no charge for obtaining a referral, and you may access information and develop personal goals at liveandworkwell.com as often as you want at no additional cost. For more information, please contact Optum Behavioral Health at 877-449-6710.

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



Log on to **liveandworkwell.com**
Access code: **IBEW18**



Or call us at: **877- 449 - 6710**
Specialists are available 24/7.

Liveandworkwell.com



At **liveandworkwell.com**, you can find the resources and tools to help you handle the challenging or stressful situations you may face. The site is available 24/7, from the convenience of your desk or the comfort of your home. You'll find confidential access to professional care, self-help programs and lots of helpful information. You can access this information securely from your desktop, mobile device or smartphone.

Explore how you can:

- Get personalized assistance for the big events in your life.
- Request information, resources and referrals to help balance work and your personal life.
- Find answers to questions about behavioral health, and medical concerns to help you deal with stress, depression, anxiety and other conditions.

Easy online provider search

Liveandworkwell.com has many search tools to assist you. The provider search offers a searchable list of our Behavioral Health clinicians, facilities and provider 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. Self-service options that take the hassle out of managing your claims and updating personal information, notifications and more.

Unique feature

At liveandworkwell.com you can find assessments and tools. You can also participate in a variety of interactive, customizable self-improvement programs.

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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.