

LIVE & WORK WELL



WELL-BEING SUPPORT AND RESOURCES

If you need extra help and support, Live and Work Well can help. With Live and Work Well, you'll find health resources and personalized support services to help you and those you care about find the balance, support and care to live the healthiest life possible.

The Live and Work Well site is available 24/7 for confidential access to professional care, self-help programs and a variety of helpful information.* You can:

- Get personalized assistance for the big events in your life.
- Browse information and resources, and get 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.

Assessments & Tools

You can browse the website by topic. Topics include child care, depression, financial planning, stress management, substance use and addiction, work-life balance and more. You can find brief articles, videos, webinars and other tools all designed to help you explore your selected topic in bite-sized portions. You can also participate in a variety of interactive, customizable self-improvement programs.

Personalized Claims & Coverage

Free up time spent on the phone by visiting the secure claims and coverage section. Track behavioral claim status, update personal information and much more. Click on Register on the top right of the home page to create an account for accessing your behavioral health claims information.

Easy Online Provider Search

The provider search offers an easy way to connect with providers and clinics specializing in mental health and substance use. Narrow your selection by provider name, location, specialty, treatment option, ethnicity, gender, virtual visit option or area of expertise. You can click to call, email or visit a provider website.



VISIT

Visit [LiveAndWorkWell.com](https://www.LiveAndWorkWell.com) and enter the access code MEDICA.



CALL

Or call **800-848-8327** for confidential help 24/7.



Have a question?

Call Customer Service at the number on the back of your Medica ID card.

MEDICA®

*Access to this service is dependent on your health plan coverage. If you are enrolled in a Medica health plan, call Medica Customer Service at the number on the back of your ID card to learn what your plan covers.

The benefits described above are administered for Medica health plans by Optum Inc. subsidiaries, United Behavioral Health and, in California, U.S. Behavioral Health Plan, California. 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.

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