



Optum

YOU

supported.

Virtual visits: Connecting to care in the comfort of your home.

Using virtual visits, clinicians can evaluate and treat general mental health conditions, such as depression and anxiety. When appropriate, they can prescribe medications.\* Treatment is provided by psychiatrists and therapists who are part of the Optum Behavioral Health network.

**Take the first step and register today**

1. Log on to [liveandworkwell.com](https://liveandworkwell.com). Register with your HealthSafe ID or enter your company access code: EAP
2. Under **"Find Care"**, select **"virtual visits"**.
3. Find a provider in your state and schedule an appointment online or call to get set up.



To find the right support for you, visit **liveandworkwell.com**. Register with your HealthSafe ID or enter your company access code EAP

8,500+ Providers

Confidential

Virtual visits



\*As per state telehealth rules and regulations.

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Optum does not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply. Also, certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services. **If you are experiencing thoughts of suicide or if this is**

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urgent and an emergency, call 911 or 1-800-SUICIDE (784-2433) or 1-800-273-TALK (8255).