



## Your Behavioral Health benefit

### What can my benefit do for me?

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.

Your benefit — which includes counseling and substance abuse services — can help you effectively deal with stressful and challenging situations. We can help. Contact us for assistance with:

- Stress or anxiety
- Feeling down or depressed
- Substance use concerns
- Medication questions

...and more

To learn more, visit [liveandworkwell.com](http://liveandworkwell.com) or give us a call.

### What can I find on liveandworkwell.com?

Liveandworkwell.com is an interactive web site that provides access to your benefits and tools to help you enhance your work, health and life. You can access the information and resources 24 hours a day.

#### You can:

- Check your benefit information and submit online requests for services.
- Search our online directory of providers.
- Access information and resources for hundreds of everyday work and life issues in one of our many virtual help centers.
- Participate in interactive, customizable self-improvement programs.

Any covered member of your household may access these online services, including dependents living away from home.

### How can I find a provider?

A provider can help you cope with stress or anxiety, understand substance use concerns or discuss other behavioral health issues.

One of the most popular features on liveandworkwell.com is the online provider search. You can narrow your search by clinician type, area of expertise, if the provider is accepting new patients, Medicare/Medicaid acceptance, gender, ethnicity or language, extended hours, handicap accessibility and more.

Our nationwide network consists of more than 80,000 licensed and certified professionals, including counselors, psychiatrists and social workers, and more than 3,500 treatment facilities providing both inpatient and outpatient programs.

### How much will this benefit cost?

Services received may require pre-authorization and/or a copayment, and there may be a deductible. There is no charge for obtaining a referral, and you may access information and develop personal plans at [liveandworkwell.com](http://liveandworkwell.com) as often as you want at no additional cost. For more information, please refer to your employer-provided benefit information.

### 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.



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Easy access to your benefit. Keep this card close by for access to confidential help 24 hours a day.



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Log on to [liveandworkwell.com](https://liveandworkwell.com)  
Access code: **sonoco**

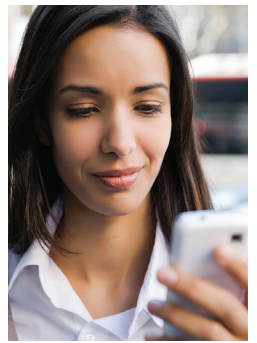
For more information, call the number on the back of your member ID card.



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The challenges you face each day can at times feel overwhelming. Your home life, your happiness and your performance at work all can suffer.

We can help. Confidential support for everyday challenges or more serious problems, and it's available around the clock — anytime you need it.

### Contact us any time you need help with any of life's concerns.

Log on to [liveandworkwell.com](https://liveandworkwell.com)  
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For more information, call the number on the back of your member ID card.

In an emergency, the first concern is your health. Call **911** or get to an emergency room as soon as possible.

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.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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