

Your well-being is what matters most

Medical issues can take a toll on your work and home life. To help you through difficult times, the UnitedHealthcare Member Assistance Program (MAP) provides you and your family personal and confidential support, 24 hours a day, 7 days a week.

The help you may need, at no extra cost

- **Unlimited phone access to master's-level specialists** – 24/7
- **Up to 3 referrals for face-to-face counseling sessions*** – Our national network includes 218,000 clinicians[1]
- **Help dial down possible symptoms of stress, anxiety and depression** – Self Care by AbleTo is an app that offers techniques and coping tools, community support and guided journeys
- **One legal consultation for 30 minutes** – Meet with an attorney by phone or in person, and you can retain an attorney for ongoing services at a 25% discounted rate**
- **A 30- to 60-minute financial consultation** – Discuss estate taxes and other financial matters with credentialed financial professionals
- **Access to liveandworkwell.com** – Easily, securely find a provider and work-life resources, confidentially connect to expert guidance and explore thousands of articles

Maintaining your privacy and confidentiality is of the utmost importance. All records, referrals and evaluations are kept private and confidential in accordance with federal and state laws.

Access your MAP benefit today

Call **1-877-660-3806,** TTY **711.** Translators are available for non-English speakers.

Visit **liveandworkwell.com.** Enter anonymously using access code **FP3EAP**.

Join Self Care

Go to **liveandworkwell.com** and select the Self Care tile to get started.

Call 1-877-660-3806, TTY 711

*There is no charge for referrals or for seeing a clinician within our network for up to 3 visits per issue.

**Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare, its affiliates or any entity through which the caller is receiving services directly or indirectly.

continued

United Healthcare



Not for NY

[1] Optum internal network analysis, March 2022.

Self Care by AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Self Care may not be available for all groups in District of Columbia, Maryland, New York, Pennsylvania, Virginia or West Virginia and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the Self Care terms of use.

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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