



## Your Behavioral Health Benefit

Exclusively for University of California



At times you may feel overwhelmed. Maybe you have a personal or workplace issue that consumes your thoughts. Perhaps you, your child or your spouse is struggling with stress, depression or addiction.

We can help. Your Behavioral Health Benefit is designed to provide confidential support for those everyday challenges, and for more serious problems. It's available around the clock — any time you need it.

### What Can My Behavioral Health Benefit Do for Me?

Your Behavioral Health Benefit — which includes counseling and substance abuse recovery services — can help you effectively deal with stressful and challenging situations. People often call for such personal issues as:

- Depression
- Anxiety and stress
- Alcohol abuse
- Drug abuse
- Anger management
- Coping with grief and loss
- Marital problems
- Domestic violence
- Eating disorders
- Compulsive spending or gambling
- Medication management

For more information, give us a call or visit [www.liveandworkwell.com](http://www.liveandworkwell.com).

(See the back of this flyer for more details.)

**We're here to help you and your family  
with a wide range of personal and  
work-related needs.**



Call toll-free:

**(888) 440-8225**

TDD/TTY: Dial 711 and the number above  
or log on to

[www.liveandworkwell.com](http://www.liveandworkwell.com)  
access code: 11280

UBH Claims: PO Box 30760  
Salt Lake City, UT 84130-0760



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## How Does It Work?

Accessing your Behavioral Health Benefit is easy and available 24 hours a day. Simply call the toll-free number on this flyer. A specialist will help you identify the nature of your problem and the appropriate resources to address it. If you want to see a clinician, we'll match you with one in our network who has the appropriate experience to help.

## Connecting Online

For 24-hour, confidential access to your Behavioral Health Benefit and tools to help you enhance your work, health and life, simply visit [liveandworkwell.com](http://liveandworkwell.com). You can check your benefit information and submit online requests for services, search our online directory of clinicians, access information and resources for hundreds of everyday work and life issues in one of our many virtual help centers, and participate in interactive, customizable self-improvement programs. Any member of your household may access these online resources, including dependents living away from home.

## How Much Will This Benefit Cost?

Services received through your benefit 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 for free. For more information, please refer to your employer-provided benefit information.

## Are Services Confidential?

We'll never share your personal records with your employer or anyone else without your permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.

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

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**Confidential.**  
**All day, every day.**

**Your Behavioral  
Health Benefit**

Call any time for help with the  
demands of everyday life.

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