



Mental Health and Substance Disorder Benefits

Behavioral health benefits provide confidential support, information, treatment, and resources to address stressful or challenging situations, depression or other mental illness, or substance disorder. And these benefits are available through Optum® to anyone covered by your ConnectiCare plan, even dependents living away from home.

Use the online provider search on **liveandworkwell.com** to find counselors, psychiatrists, social workers, and more than 3,500 treatment facilities nationwide.

How To Get Help

Visit liveandworkwell.com.

Search for a clinician, schedule a virtual visit with a clinician, review your claims for services, or submit claims. The website also features information and resources to help enhance your work, health, and life. Register with your ConnectiCare member ID number or use the site as a guest (accesscode: ConnectiCare).

Call Optum at 888-946-4658 (TTY: 711).

You can reach out 24 hours a day, and it's confidential. Someone can help explain your options.

Virtual visits are available, too.

You can use [liveandworkwell.com](https://www.liveandworkwell.com) to search for a therapist and schedule online sessions using your mobile device or computer. Get confidential help without leaving home. Your plan's copayments, deductibles, and/or coinsurance apply.

How much will this cost?

Your benefit summary describes your share of costs for mental health or substance disorder office visits. Services may require preauthorization (or approval before they will be covered) and/or a copayment. Your plan may also have a deductible. Use the many features of [liveandworkwell.com](https://www.liveandworkwell.com) without paying any added cost.

Mobile app for those struggling with stress, anxiety, and depression

AbleTo is a mobile app available at no extra cost to you as a ConnectiCare member. AbleTo gives you on-demand help and coping tools as symptoms arise. You can also tap into daily mood tracking, guided meditations, personalized progress, and community support.

Reach out if you need help.

Optum
BehavioralHealth:
888-946-4658
(TTY 711)

Optum's Substance
Use Disorder Helpline:
855-780-5955
(TTY 711)

[liveandworkwell.com](https://www.liveandworkwell.com)

National Suicide
Prevention Lifeline:
988

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

United Behavioral Health, operating under the brand Optum.



The AbleTo mobile application 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 in the AbleTo mobile application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. Participation in the program is voluntary and subject to the terms of use contained in the application.

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