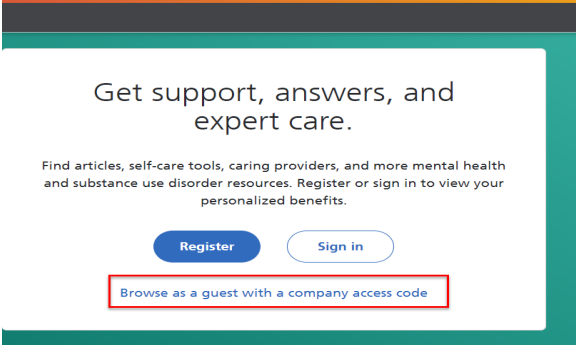

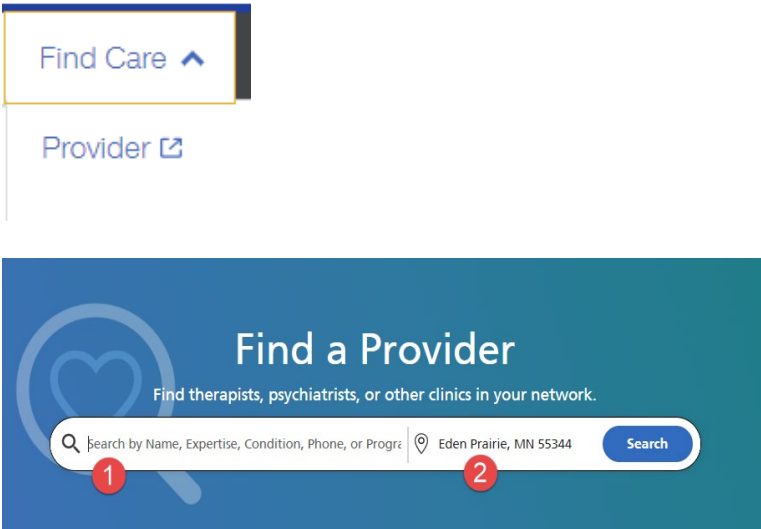


ACCESSING UNITED BEHAVIORAL HEALTH WEBSITE FOR CRAFT EMPLOYEES

www.liveandworkwell.com

<p>ACCESS THE WEBSITE Or call 866-206-7814 anytime for confidential help</p>	<ul style="list-style-type: none"> • Click on the link above or simply type in www.liveandworkwell.com • This website provides access to the in-network provider and facility network for employees covered under Optum/United Behavioral Health • All union employees covered by the national railroad health insurance plans are covered by Optum • This site provides helpful resources for many issues facing employees and their loved ones
	<p>BROWSE AS A GUEST OR SIGN IN</p> <ul style="list-style-type: none"> • Click Browse as a guest with the company access code • Type railroad into the Guest Access code box • Or click on Register in the top right of the screen to create an account
	<p>SEARCH A TOPIC</p> <ul style="list-style-type: none"> • Click the Search button on the right side of the page to search for specific topics such as grief, depression, divorce, substance use disorder, etc.
	<p>FIND AN IN-NETWORK PROVIDER OR CLINIC IN YOUR AREA</p> <ul style="list-style-type: none"> • To search for a counselor/therapist or mental health facility, click the Find Care heading and select Provider • Enter provider name or type, condition, or service description • Enter your zip code and click Search to display a list of in-network providers • Additional filters are located on the left side of the screen to help narrow the search • You may call the number on the back of your ID card for additional assistance



Call the Wellbeing Hotline to speak directly to a Wellbeing Advocate for help navigating this website or any other questions on the Wellbeing program at NS

WELLBEING ADVOCATE	PHONE	LOCATION
Amanda Robinson, Manager Wellbeing	470-501-2892	Atlanta, GA
Keith Glabb, Asst Manager DARS	704-607-2171	Pittsburgh, PA
Jerry (Mitch) Bunn, Wellbeing Advocate	765-730-5112	Ft. Wayne, IN
Alice Berry, Wellbeing Advocate	540-685-3388	Atlanta, GA
Stephanie Austin, Wellbeing Advocate	217-330-2031	Decatur, IL
Fletcher (Will) Martin, Wellbeing Advocate	865-206-9012	Knoxville, TN
Wellbeing Hotline	844-215-4188	Norfolk Southern