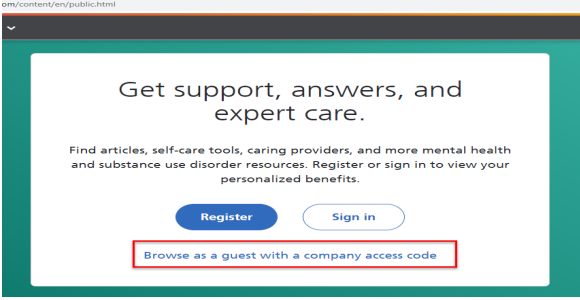

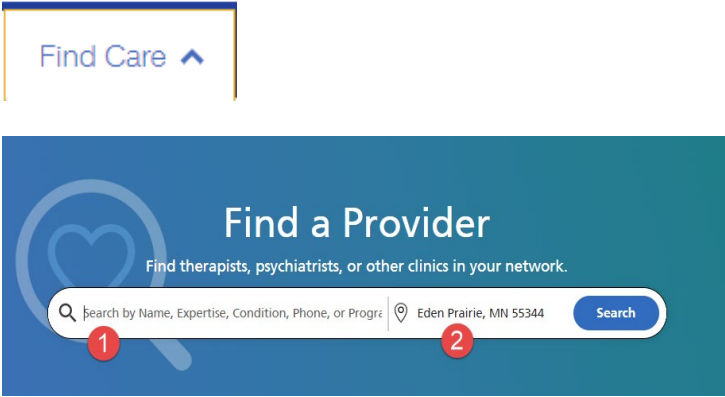
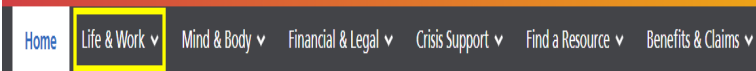


ACCESSING OPTUM EMPLOYEE ASSISTANCE WEBSITE FOR NONAGREEMENT EMPLOYEES

www.liveandworkwell.com

	<p>BROWSE AS A GUEST OR SIGN IN</p> <ul style="list-style-type: none"> Click on the link above or simply type in liveandworkwell.com Click Browse as a guest with the company access code Type choiceplus into the Guest Access code box and click enter 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 topics Type in what you are searching for, for example, grief, depression, divorce, drug addiction, 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 Your benefit includes six (6) counseling visits for free (Employee only benefit) Call 866-206-7814 for authorization of the six visits. IMPORTANT – If you have medical insurance through Anthem, ask the provider if they also participate in the Anthem Behavioral Health network. After the six free sessions, additional visits will fall under your Anthem mental health benefit. Anthem Behavioral Health phone number is 844-792-5141. 										
<p>SEARCH FOR LIFE & WORK</p> 	<p>Information on the following topics:</p> <table border="0"> <tr> <td>Active lifestyle</td> <td>Parenting</td> </tr> <tr> <td>Career & Workplace</td> <td>Pets</td> </tr> <tr> <td>Caregiving</td> <td>Relationships</td> </tr> <tr> <td>Military & Veterans</td> <td>School & Education</td> </tr> <tr> <td></td> <td>Well-being</td> </tr> </table>	Active lifestyle	Parenting	Career & Workplace	Pets	Caregiving	Relationships	Military & Veterans	School & Education		Well-being
Active lifestyle	Parenting										
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	Well-being										

<p>SEARCH MIND & BODY</p> <p>Home Life & Work Mind & Body Financial & Legal Crisis Support Find a Resource Benefits & Claims</p>	<p>Information on the following topics:</p> <p>Mental Health Recovery/Resiliency Physical Health Substance Use/Addiction</p>
<p>SEARCH FOR FINANCIAL & LEGAL ASSISTANCE</p> <p>Home Life & Work Mind & Body Financial & Legal Crisis Support Find a Resource Benefits & Claims</p>	<p>Information on the following topics:</p> <p>Budgeting ID Theft Credit & Debt Insurance Estate Planning Legal Financial Fitness Saving & Investing Retirement Planning</p>
<p>SEARCH FOR CRISIS SUPPORT</p> <p>Home Life & Work Mind & Body Financial & Legal Crisis Support Find a Resource Benefits & Claims</p>	<p>Information on the following topics:</p> <p>Abuse Loved ones with Mental Illness Addiction Hospitalization Disaster Planning & Recovery Housing Financial Relief Suicide Prevention</p>



Call the Wellbeing Hotline to speak to a Wellbeing Advocate for help with this website or 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