



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 through Emotional Wellbeing Solutions.

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 access to over 340,800 network clinicians nationwide for in-person support, including more than 182,800 for virtual support.¹
- **Help dial down possible symptoms of stress, anxiety and depression –**
Calm 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**
- **Two 30-minute financial consultations** – Discuss estate taxes and other financial matters with credentialed financial professionals – 2 calls per issue per year
- **Access to liveandworkwell.com** – Easily, securely find a provider and work-life resources, confidentially connect to expert guidance and explore thousands of articles
- **Fraud resolution** – Help is available to help protect your identity and lend a hand if it's stolen. Services include:
 - A credit report review
 - Suppression of the credit report or freezing/closing the account
 - Full-service resolution assistance, including affidavit assistance, credit bureau and fraud department notification, help to file a police report and creditor follow-up

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 Calm

Go to liveandworkwell.com and select the Calm 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.



United
Healthcare®

Not for use in New Mexico and New York.

¹ SURE Network Summary Dashboard Commercial E&I and non-E&I UBH General Networks Q3 2024 (October 21, 2024); Deanna DuBois, January 31, 2024.

Calm Health is not available to UnitedHealthcare E&I Fully Insured customers/members in District of Columbia, Maryland, New York, Pennsylvania, Virginia, and West Virginia due to regulatory filings. Employee benefits including group health plan benefits may be taxable benefits unless they fit into specific exception categories. Please consult with your tax specialist to determine taxability of these offerings. Images provided for illustrative purposes only. Members must be 16 years or older to use the services, unless a parent or legal guardian agrees to Calm "Terms." The parent or legal guardian of a user under the age of 16 is subject to the "Terms" and responsible for their child's activity on the services.

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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