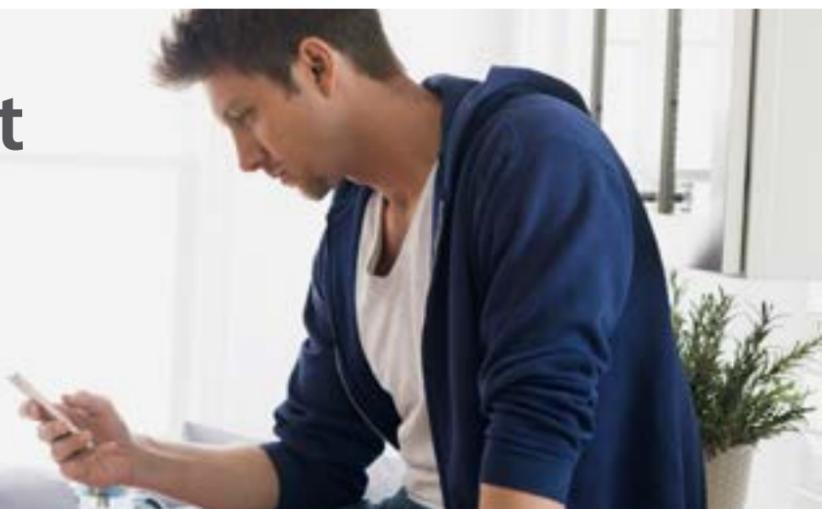


# Discover the right type of support for you



In light of the coronavirus disease 2019 (COVID-19) pandemic, it's important to know how to easily connect with support. Check out digital options to learn what may work best for you — from online videos or apps to virtual visits, among others.

## Included in your health plan as part of your behavioral benefit

### Live and Work Well



Tools, articles, videos, self-help programs and more for various mental health and work/life concerns. Search for network providers, including those offering virtual visits, and even schedule appointments using company access code: **Sutter** on [liveandworkwell.com](https://liveandworkwell.com).

[Log in](#)

Dig deeper into mental health topics in these short videos. You'll hear personal stories, find out about common symptoms and learn how treatment can help restore health and well-being. Topics range from sleep difficulties to anxiety and depression and more.

Available on [liveandworkwell.com](https://liveandworkwell.com).

[Learn more](#)

Connect with clinically tested techniques and coping tools, like community support, to help dial down symptoms of stress, anxiety and depression — anytime. Find just the right tool to relax, be in the moment or manage stressful situations. To activate premium access, free to you during the COVID-19 crisis, **download Sanvello now** from the App Store or Google Play.



### Virtual Visits



See and speak with a clinician who can evaluate and treat a variety of general mental health conditions, such as anxiety, depression or substance use disorder, and also prescribe medications\*, as needed. Select "virtual visits" under "Find a Resource" on [liveandworkwell.com](https://liveandworkwell.com).

[Get started](#)

### Optum Public Crisis Line



Our toll-free emotional support help line is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.

**Call 1-866-342-6892**

\*As per state telehealth rules and regulations.

Behavioral Health benefits are provided by US Behavioral Health Plan, California (USBHPC), call Customer Service at 1-855-202-0984.

If you or your provider doesn't have the technology required for a video-enabled session, telephonic therapy is allowed at least until December 31, 2020. (This date may be extended as the situation evolves.) Ask your provider about video-enabled or telephonic visits. Check with your health plan provider for possible additional cost exceptions to your plan benefits during this time.

Optum® is a registered trademark of Optum, Inc. All other brand or product names are trademarks or registered marks of their respective owner. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer. Optum does not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply. Also, certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services. **If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911 or 1-800-SUICIDE (784-2433) or 1-800-273-TALK (8255).**

© 2020 Optum, Inc. All rights reserved. WF1042504 20245-042020 OHC