



## 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.

### 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 218,000 clinicians<sup>1</sup>
- **Help dial down possible symptoms of stress, anxiety and depression** – Sanvello® 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\*\*
- **A 30- to 60-minute financial consultation** – Discuss estate taxes and other financial matters with credentialed financial professionals
- **Access to [liveandworkwell.com](https://liveandworkwell.com)** – Easily, securely find a provider and work-life resources, confidentially connect to expert guidance and explore thousands of articles

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.



**Call 1-877-660-3806, TTY 711**

### Access your MAP benefit today

Call **1-877-660-3806**, TTY **711**.  
Translators are available for non-English speakers.

Visit [liveandworkwell.com](https://liveandworkwell.com).  
Enter anonymously using access code **FP3EAP**.

### Join Sanvello

Go to [liveandworkwell.com](https://liveandworkwell.com) and select the Sanvello tile to get started.

\*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.

continued



<sup>1</sup> Optum internal network analysis, March 2022.

The Sanvello 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 Sanvello 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. Please discuss with your doctor how the information provided may be right for you. Premium access is available for members at no additional cost as part of their benefit plan. Sanvello premium is not available for all groups in New York and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the terms of use contained in the Application.

Noninsurance services are offered only on specific lines of coverage and are not insurance. These services may be modified or terminated at any time, may not be available in all states and may vary depending on state laws and regulations. Not available in New York and Washington. Employee Assistance Program (EAP) is offered through Optum. Optum is an affiliate of UnitedHealthcare.

UnitedHealthcare Life and Disability products are provided by UnitedHealthcare Insurance Company and certain products in California by Unimerica Life Insurance Company. Life and Disability products are provided on policy forms LASD-POL (05/03) et al. and UHCLD-POL 2/2008 et al., in Texas on forms LASD-POL-TX (05/03) and UHCLD-POL 2/2008-TX and in Virginia on LASD-POL (05/03) and UHCLD-POL 2/2008. The policies have exclusions, limitations, reductions of benefits, and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, call or write your insurance agent or the company. Some products are not available in all states. UnitedHealthcare Insurance Company is located in Hartford, CT and Unimerica Life Insurance Company is located in Milwaukee, WI.