



Life is the good days, the bad days and every day in between. Maintaining mental health and well-being is critical, because just getting by is not enough. We can help!

Now, there's a place where you can find the tools you need to face everything life may hand you. It's available around the clock, from the convenience of your desk or the comfort of your home. Best of all, it's absolutely free to our members and their families. You'll find 24/7 confidential access to professional care, self-help programs and information.

Learn how you can:

- Manage major life changes
- Balance work, life and financial issues
- Deal with stress, depression, anxiety and other conditions

### Resources for Life's Challenges

Feeling overwhelmed? Relationship or parenting concerns? Are the demands of balancing work and life wearing you down? Maybe you've got a conflict at work you're not sure how to deal with, or you want help creating a budget, quitting smoking or losing weight.

At [liveandworkwell.com](http://liveandworkwell.com), you'll find resources to address all those concerns and more. Explore thousands of articles, videos, interactive self-help programs, financial calculators and other tools to help you with the ins and outs of everyday life — even if you don't have any pressing concerns.

### Easy Online Clinician Search and Special Databases

Whether you're seeking a therapist, daycare provider, divorce lawyer or pet sitter, [liveandworkwell.com](http://liveandworkwell.com) has the search tools to assist you. The popular [Clinician Search](#), in the QuickLinks box, offers a searchable list of our Behavioral Health Clinicians and Clinician Groups. Narrow your selection by clinician name, location, specialty, medical group name, ethnicity, language, gender, or area of expertise. Plus there's a new [Mobile App for Clinician Search](#). Use GPS or enter a location and find clinicians, maps and directions. Click "Resources" in the Quick Links box for a list of other search tools. Tools vary depending on benefit package.

### Personalized Claims and Coverage Toolkit

The secure [Claims and Coverage](#) section in the Quick Links box lets members view eligibility and benefits, track claim status, get approval to see a clinician, check clinician visit certification status, and submit Out-of-Network behavioral health claims. You can quickly and securely access your private information 24/7 — freeing up time spent on the phone. A demo tab shows you how easy it is to use these tools. Live Chat and secure messaging are available within the Toolkit in case you need help.

### Online Information You Can Trust

You'll find reliable and accurate information, tools and resources in English and Spanish to improve your mental health and well-being.

## Logging on Is a Breeze

Using this resource couldn't be easier. You and your family can go to [liveandworkwell.com](http://liveandworkwell.com), register and create a personal user name and password for full access.

Spanish speakers can visit [www.MenteSana-CuerpoSano.com](http://www.MenteSana-CuerpoSano.com).

## I'm In: Now What?

The rotating Spotlight alerts you to new content. The most frequently used content and tools are in the handy Quick Links box. Your personal information is in the top "Your Benefits & Programs" tab, and all the other content is organized into three groups with drop down mega-menus for fast access:

1. Life, Family and Relationships
2. Health and Well-being
3. Education, Work and Career

### • **Life, Family and Relationships:**

Get support to guide you through the challenges of relationships, eldercare, parenting, care giving, military life and reintegration, and more. A life-changing event tool provides personalized assistance for the big events in your life.

Tough economy? Use the [interactive Financial and Legal Tools](#) to assist you in creating a will or advanced health directive and to get access to many other legal resources. More than 100 financial calculators can help you reduce debt, make a budget and plan for retirement.

- **Health and Well-being:** Understand how to manage stress, depression, anxiety, substance abuse, autism, Alzheimer's, anger, eating disorders and more. Learn to deal with addictions including tobacco, alcohol, drugs and gambling. There's also information on healthy aging, recovery and resiliency.

Popular tools include the state-of-the-art [Health Encyclopedia](#), [drug database](#) and [drug interaction checker](#) that answer questions about mental health and medical concerns.

- **Education, Work and Career:**

Get help with work problems, self-improvement or formal education and training. Improve your communication skills, prepare for getting a promotion, or deal with relocation issues.

A [manager section](#) provides skill development, motivation tips and advice on handling special work situations.

## Other Helpful Features

- **Interactive Therapeutic Tools:**

Not ready to reach out for professional help yet? Liveandworkwell's [self-help programs](#), found in the Health and Well-being section, provide self-assessments, information and tools to let you do-it-yourself.

Access easy-to-use [cognitive therapy programs](#) to recognize your triggers, then change your behaviors around depression, anxiety or substance use. Express your thoughts and gain insights by [journaling](#) and, if you wish, you can also share and build social support.

- **News:** Use this tool to stay updated on topics of interest from your desktop or smartphone.

- **Facilitated Peer Support:** Use our embedded [Message Boards](#) to "chat" with another person about a specific health or life issue. These topic-



specific boards let you communicate anonymously with people experiencing similar life, work and/or health concerns. myJournE also supports peer bridging. We're on Facebook® too!

- **Live Web Chat, secure messaging, mobile apps** and much, much more.

**Visit [liveandworkwell.com](http://liveandworkwell.com) today.**  
**What are you waiting for?**

Services and tools available vary depending on your benefit package. Please ask your health benefits representative for details.