



# Virtual visits connect you to care in the comfort of your home



Get support and treatment from clinicians for mental health issues, such as depression and anxiety, with online virtual visits through your Emotional Wellbeing Solutions. Virtual visits are available through a secure web browser or mobile app. All coaches and therapists are part of the Optum provider network.

## Virtual visits offer you:

- Confidential appointments that work with your lifestyle
- A network of therapists in all 50 states
- The care you need sooner,<sup>1</sup> in the comfort of your own home<sup>2</sup>

**24/7 availability** | **Confidential** | **No cost to you**

## Support for everyday life



To get started, visit [liveandworkwell.com](https://liveandworkwell.com) and enter your company access code veeva. Sign in with an anonymous username, then schedule a virtual session from the homepage.

1. DocWay. Based on a January 2017 Genoa Telepsychiatry Survey across all behavioral health members who utilized telemental health services from November 1, 2016 to December 31, 2017.

2. As per state telehealth rules and regulations.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply. Stock photo used.