



Life is the good days and the bad days and every day in between. Maintaining mental health and well-being is critical, because just getting by is not enough — you want to thrive.

**N**ow there's a place where you can find the things 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, and it's absolutely free.

### Resources for life's challenges

Feeling overwhelmed or anxious? 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 the resources you need to address all those concerns and many more. Explore thousands of articles, interactive self-help programs, financial calculators and other tools to help you with the ins and outs of everyday life.

Here are just some of the things you can do at [liveandworkwell.com](http://liveandworkwell.com):

Use interactive self-help programs to:

- Learn to control stress and manage depression
- Stop smoking or change unwanted behaviors
- Help you or a loved one control substance abuse

Find information, tools and resources in English and Spanish to improve your mental health and well-being including:

- Managing major life changes
- Balancing work and life issues
- Dealing with stress, anxiety and other conditions
- ...and more

### Online clinician search

Looking for a clinician? One of [liveandworkwell.com](http://liveandworkwell.com)'s most popular features is the Online Clinician Search. We'll help you find one near you to help cope with depression, alleviate your anxiety, or understand addiction or other behavioral health concerns. You can even narrow your search by specific licenses, areas of expertise, gender, ethnicity or languages spoken.

### My claims and coverage

If you have behavioral health coverage, you can check your benefits and eligibility, submit and track out-of-network claims and request a clinician visit certification online.



- A new state-of-the-art Health Encyclopedia, which contains answers and information about all your health and wellness questions and concerns.
- Drug summaries, tools to check for interactions, lists of side effects of prescription and over-the-counter medications, and information about alternative medicines.
- Searchable databases to help you locate everything from summer camps and pet kennels to adoption agencies, employment services, schools and more.
- More than 100 financial calculators to help you reduce credit card debt, plan for retirement and compare mortgage loans.

...and much, much more

[liveandworkwell.com](http://liveandworkwell.com) is available whenever you want it, anywhere you can go online. It's convenient, it's confidential and it's absolutely free. What are you waiting for?

## Other features

More than just a Web site, [liveandworkwell.com](http://liveandworkwell.com) brings the combined knowledge and resources of doctors, clinicians and other experts, and a full health and wellness library, into the comfort and convenience of your home.

## Logging on is a breeze

Using this resource couldn't be easier. Just go to [www.liveandworkwell.com](http://www.liveandworkwell.com) and enter the access code provided by your Human Resources department. It's that simple. From the start page you can search by thousands of keywords, follow links from our handy toolbars, or explore any of our features, including:

- Mental Health Condition Centers, which provide information about the symptoms, diagnosis, tests, treatment and prevention of conditions such as substance abuse, depression and anxiety, ADHD, autism and more. You can also find information on how to cope with grief or other issues faced by you or someone you love.
- Life Stages Help Centers to guide you through the confusion of eldercare, parenting, living with chronic conditions and more.