

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 Employee Assistance Program. Virtual visits use secure video conferencing apps, and all 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,¹ in the comfort of your own home²

To get started:

1. Log on to liveandworkwell.com, using access code: CUHC. Or click **Register** to view a personalized version of the site.
2. Under the **“Find Care”** tab, click on provider directory and change location.
3. Search for **“virtual visits”** in the search bar. Or search the type of support you need and use the **“Virtual Visits”** filter on the results page.

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

Support for everyday life



You may need an authorization before setting up your appointment. When you search for a therapist for your virtual visit, look for the **“Get your code”** button or call your Employee Assistance Program at 800-972-8976.

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.

*Optum Emotional Wellbeing Solutions is known as Employee Assistance Program (EAP) in California.

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