



# Support members can rely on

Helping members make the most of their behavioral health care benefits – and live their healthiest lives

**Optum**



# Helping members navigate life's mental health challenges

In this guide, you'll find examples of the wide range of behavioral health support resources available to your members.

The resources are designed to help build awareness, drive engagement and encourage use of the many benefits available for individuals and their family members.

## Table of contents

[liveandworkwell.com](https://liveandworkwell.com)

[yousupported.com](https://yousupported.com)





## Why mental health matters

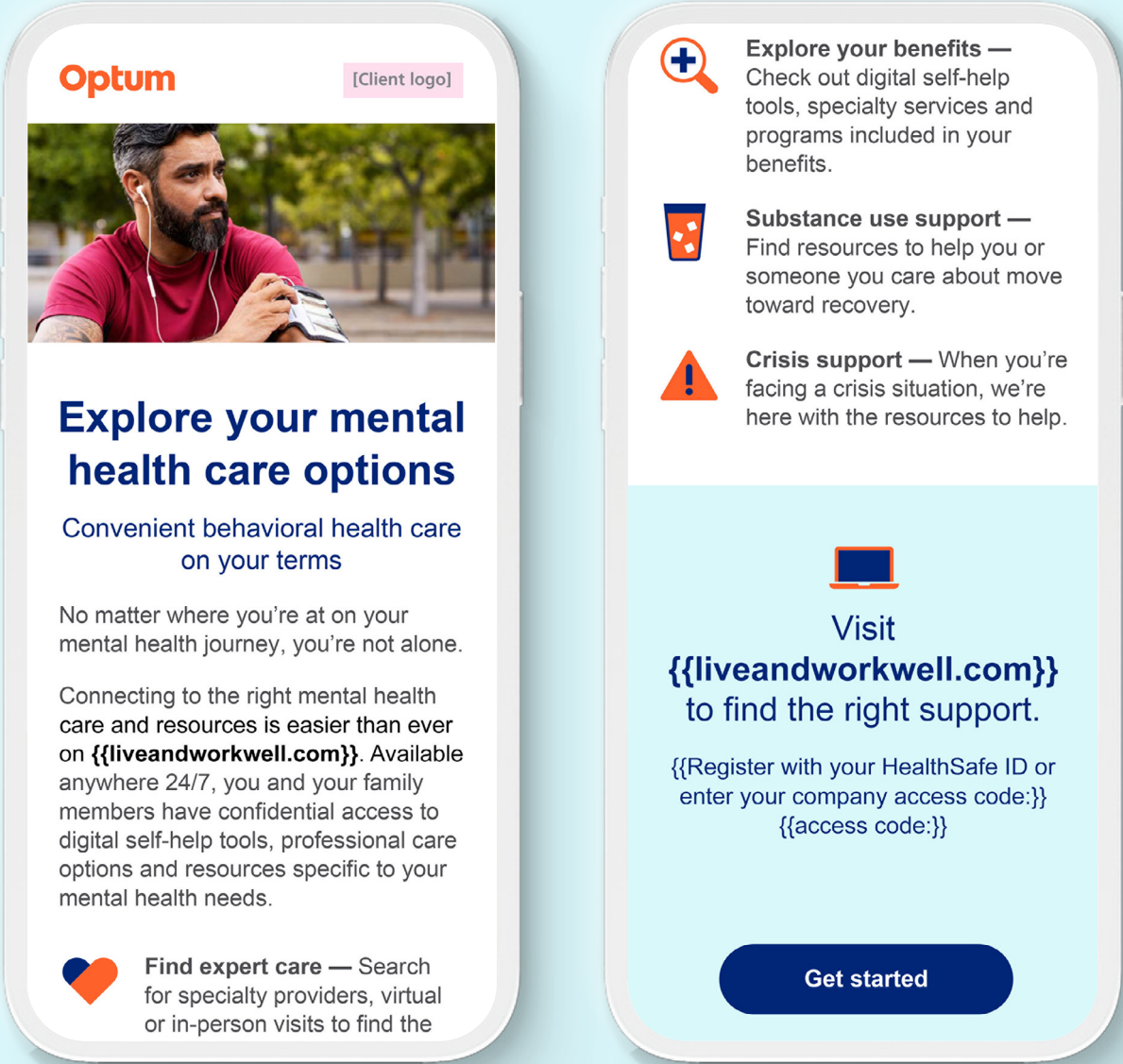


## Tapping into convenient and flexible behavioral health care benefits

We’re committed to helping your members connect to the right mental health care and resources they need to handle life’s challenges.

Our behavioral health solutions offer members convenient care on their terms. We provide resources and support for depression, anxiety, trauma, substance use disorder or any other mental health condition. The example benefit email on this page shows one of the many introductory communications available to you to help boost member engagement.

It highlights member benefits that include an extensive network of mental health providers, virtual visits, fast access to care and digital self-help tools.



Benefit email

# Reach members where they are with multichannel messaging

You know best how to engage with your members.

From brochures, posters and flyers to emails and other targeted messaging options are all available to help engage your members.

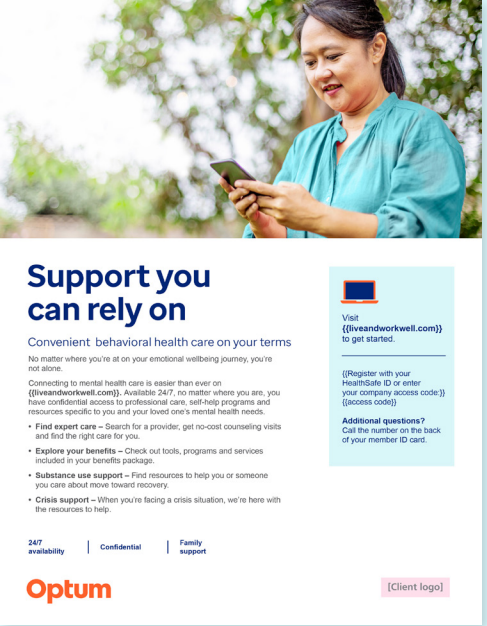
All elements are easily customizable with your company logo and the [liveandworkwell.com](https://liveandworkwell.com) access code and phone number.



Flyer



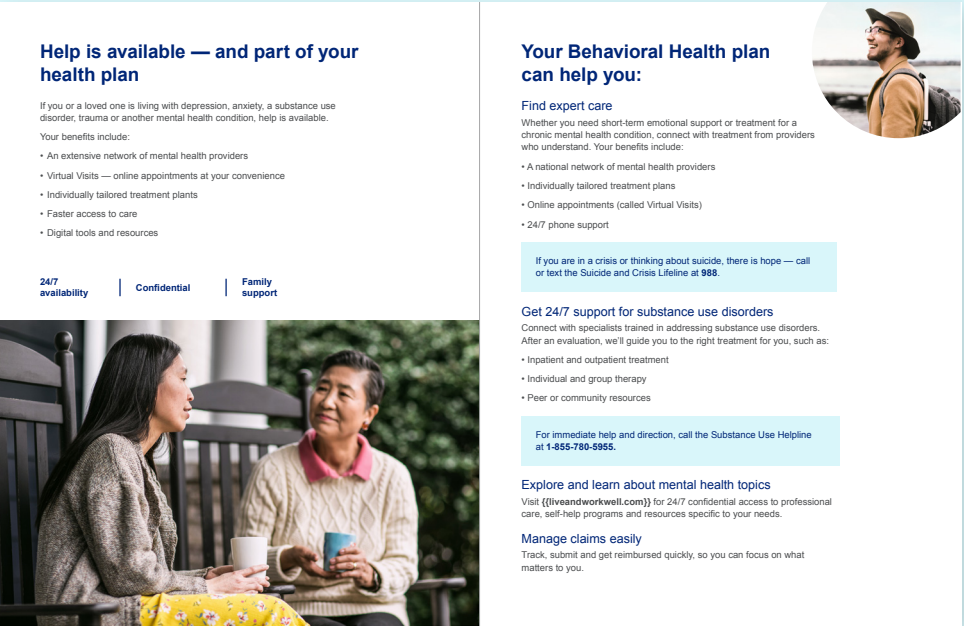
Poster



Flyer



Guide



Guide

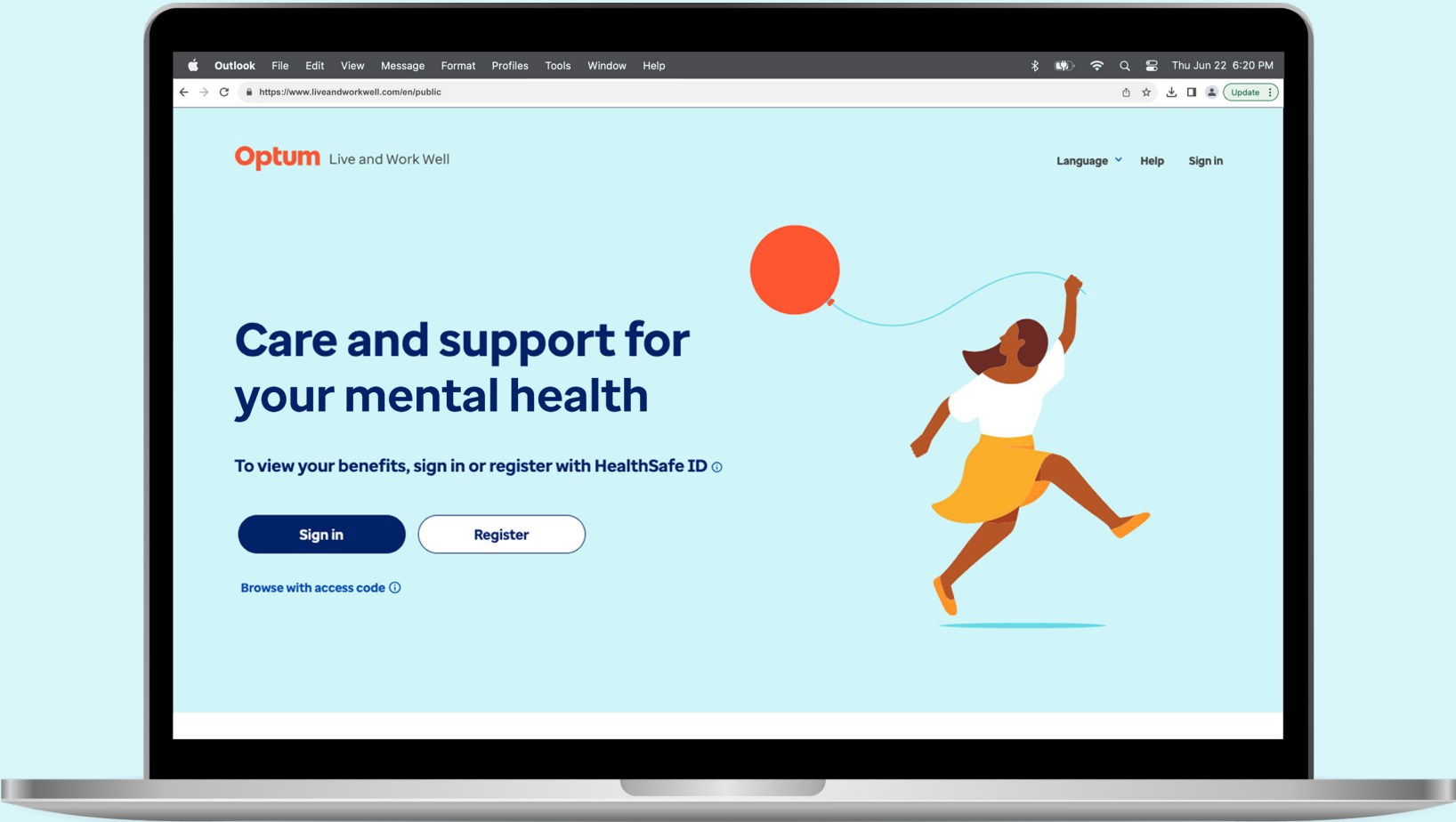


# Strengthen engagement with every touch point

Connecting to care is easier than ever on [liveandworkwell.com](https://liveandworkwell.com), the benefits portal for your members. It's simple to access with a [liveandworkwell.com](https://liveandworkwell.com) access code.

Available anytime, [liveandworkwell.com](https://liveandworkwell.com) offers 24/7 confidential access to professional care, self-help programs and resources to help individuals deal with life's stresses, such as depression or anxiety, substance use disorder, autism spectrum, trauma, or a mental health crisis or condition.

Members get clear information about their benefits, tools to help them find the right type of support and resources to set goals and help improve their mental health.



[liveandworkwell.com](https://liveandworkwell.com)

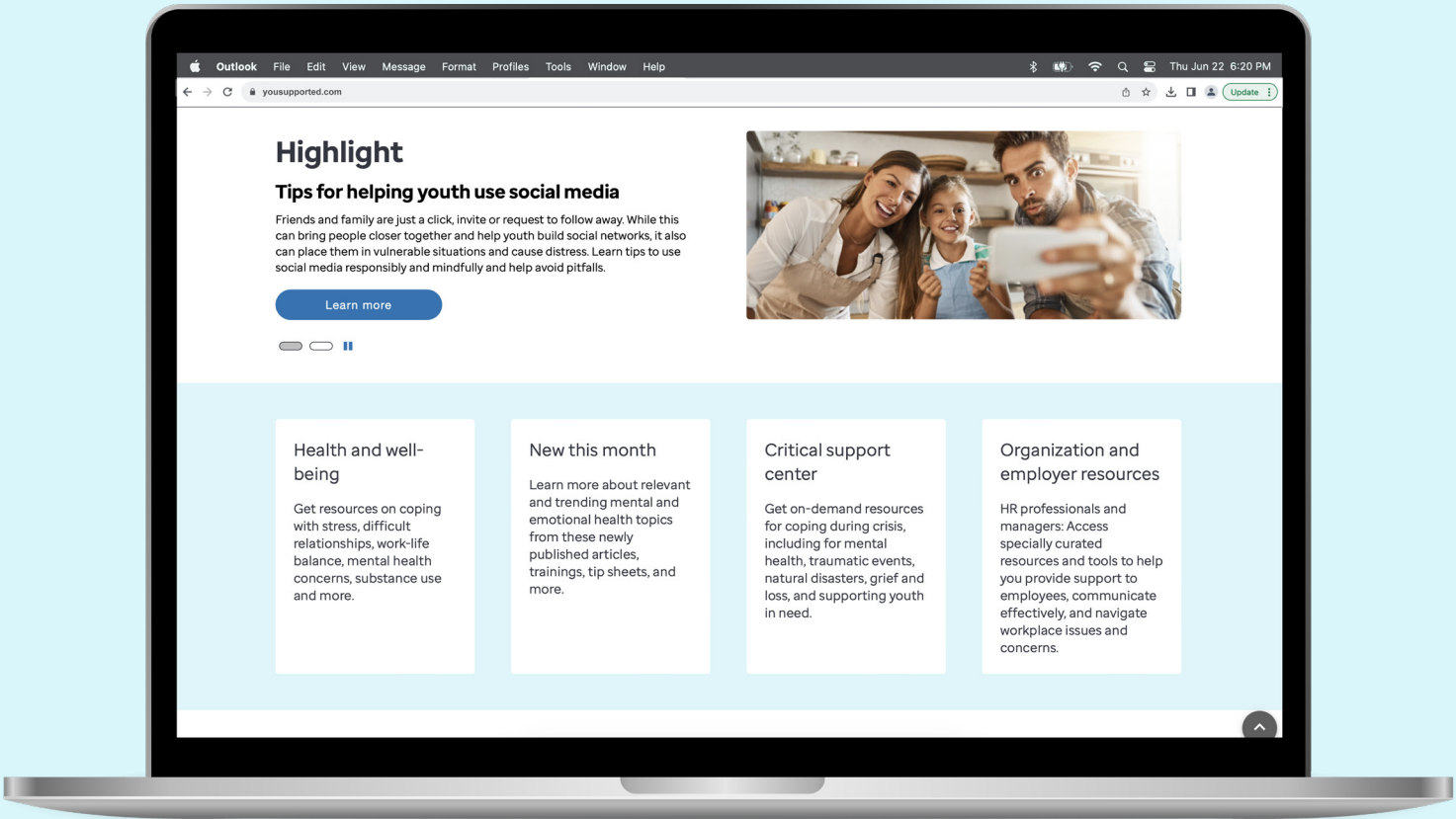


# Engage members in their mental health and wellbeing

[yousupported.com](https://yousupported.com) is a public website where members can access resources and content on relevant mental health topics. Resources include articles, podcasts, webinars and much more to actively engage members in their behavioral health journey and navigate toward improved mental wellness.

Organizations can also access additional resources, like monthly engagement toolkits. Content is grouped into 4 easy-to-navigate categories to help visitors quickly find what they need:

- **Health and wellbeing** – member-facing resources to support emotional health, relationships, work-life balance and more
- **New this month** – a suite of curated content updated monthly on timely topics to support mental health
- **Critical support center** – a central hub with content to support members during critical incidents, such as natural disasters or grief and loss
- **Organization resources** – resources and toolkits for organizations to share with their members to support their wellbeing. These materials are accessible by entering your liveandworkwell.com access code



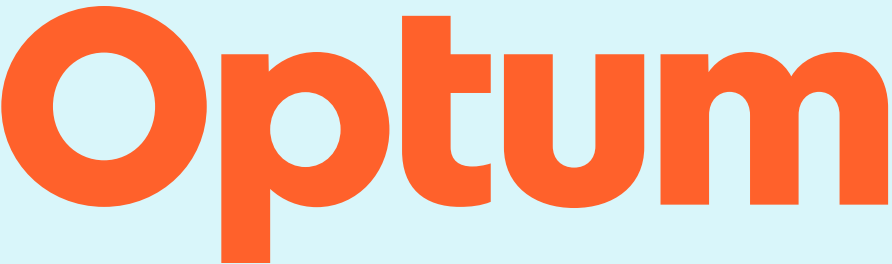
[yousupported.com](https://yousupported.com)





# Graphics to promote messaging

Download the Optum logo and digital screen graphic. It's simple to pair them with sample messaging on your intranet site, flyers, brochures or anywhere else.



[Download graphic](#) 

You can also request different sizes and client logos by contacting your Account Management team.




# Reduce worry and stress with on-demand tools


Optum connects people to on-demand help, anytime, anywhere.

Self Care by AbleTo provides immediate access to cognitive behavioral therapy-based tools and techniques to help individuals manage stress and improve their emotional wellbeing.

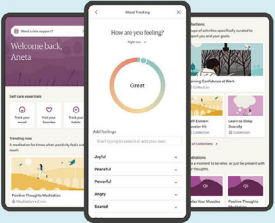
This flyer, like all communication options, is easily customizable with your company logo and [liveandworkwell.com](https://liveandworkwell.com) access code.



[Client logo]




On-demand help for reducing worry, stress and improving mood.




Get access to self-care techniques, coping tools, meditations and more – anytime, anywhere. With Self Care, you'll get personalized content that's designed to help you boost your mood and shift your perspectives. Tap into tools created by clinicians that are suggested for you based on your responses to a short optional assessment. Self Care is here to help you feel better – and it's available at no additional cost to you as part of your [Optum Behavioral Health Benefits/Employee Assistance Program/health plan benefits/Employer Benefits].


**Features and benefits**




**Daily mood tracking.**  
Answer daily questions to record your current mood, identify patterns and self-assess your progress.



**Meditation tools.**  
Explore classic methods of relaxation – like deep breathing and positive visualization – in the moment when you need them.



**Collections.**  
Build life skills with curated content, tools and resources for the stuff that matters most to you – from work life balance and sleep, and much more.



**Personalized roadmap.**  
Track your progress, set goals and make strides through weekly check-ins – Self Care helps you create a roadmap to support your self-guided journey to better mental health.

**Ready to get started?**

- Visit [ableto.com/begin](https://ableto.com/begin)
- Enter your company access code: **[CODE]**

Confidential.

No extra cost.

Available 24/7.

Self Care by AbleTo 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 within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Self Care may not be available for all groups, 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 Self Care terms of use.

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Flyer

A smartphone mockup displaying the AbleTo app interface. The screen shows a 'Meditations' section with a grid of options: 'Relax and unwind' (7 min), 'Nurturing Empathy' (7 min), 'Taking a Mental Vacation' (9 min), 'Finding Peace' (10 min), 'Becoming Aware' (9 min), 'Easing Tension' (9 min), and 'Waking Up Well' (6 min). There is a 'See all relax and unwind' link. Below this is a 'Sleep soundly' section with a partially visible option. The app has a clean, modern design with colorful illustrations.

Onboarding and engagement guide

8




# Boost engagement with compelling videos

Videos on a wide range of topics are available for you to share.



**Find a therapist**



**Know what to expect**

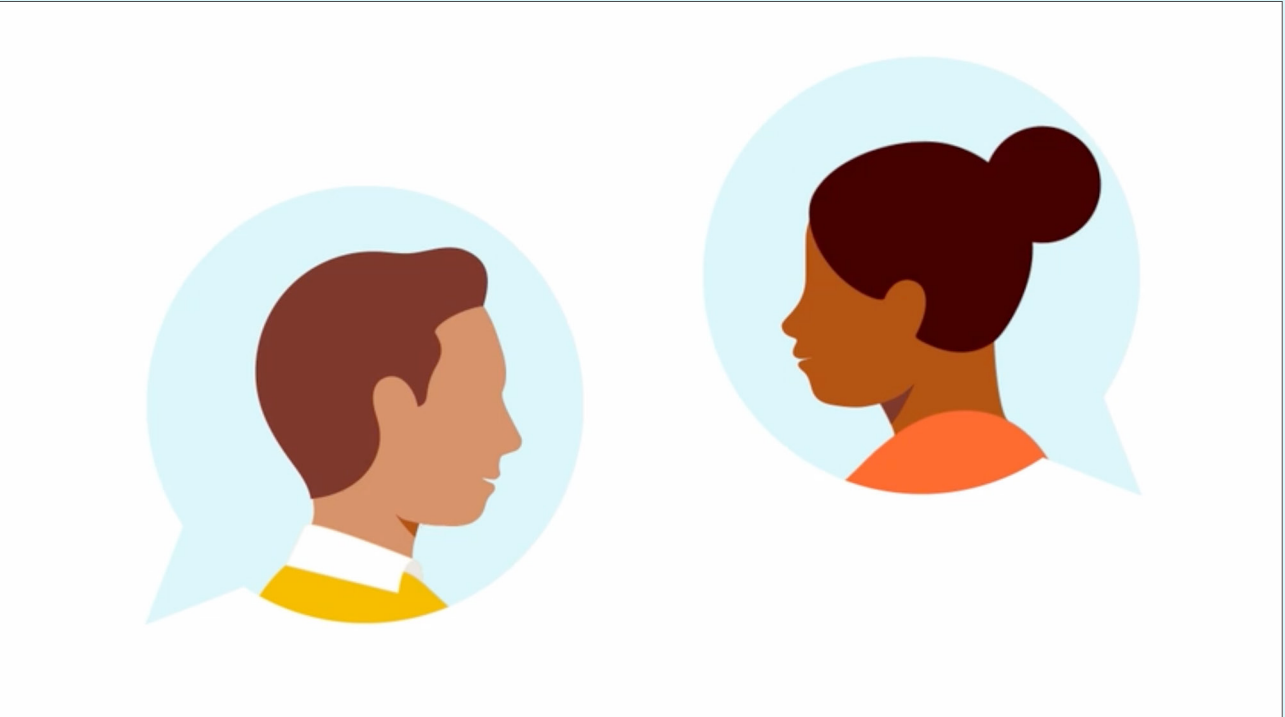


**Help for kids**

## Making the most of your behavioral health benefits


If you or a family member are feeling stressed, anxious or overwhelmed, Optum can help. Watch the video to see how your benefits can help you get the support your need for a healthier life.

[Watch now](#) 



## Your journey through therapy

A therapist can act as your guide and help you navigate the right path forward. Watch the video to see how a therapist can support your mental health journey – on your terms.

[Watch now](#) 





# Investing in mental health, now and in the future

**Please reach out to your account management team  
with any questions or for additional resources.**



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