With Live and Work Well, behavioral health support services are available for you and your family to access anytime, anywhere—whether you’re in a time of greater need or may want to work on personal growth. As part of your health plan benefits, Live and Work Well is available at no additional cost to you and your family.

Find the right care for you.

Use the provider search to help locate therapists, psychiatrists or other behavioral health clinicians and facilities near you. You’ll be able to narrow your search by provider name, location, area of expertise and more. After you find a provider, you have the option of scheduling an in-person or virtual appointment.

Tap into behavioral health support.

Explore hundreds of articles, videos, interactive self-help programs and other tools to help you with the ins and outs of everyday life—even if you might not have any pressing concerns. These resources are available anytime.

Get started.

To access Live and Work Well and see your mental health benefits, sign in to myuhc.com®. Then, go to Coverage & Benefits > Mental Health.