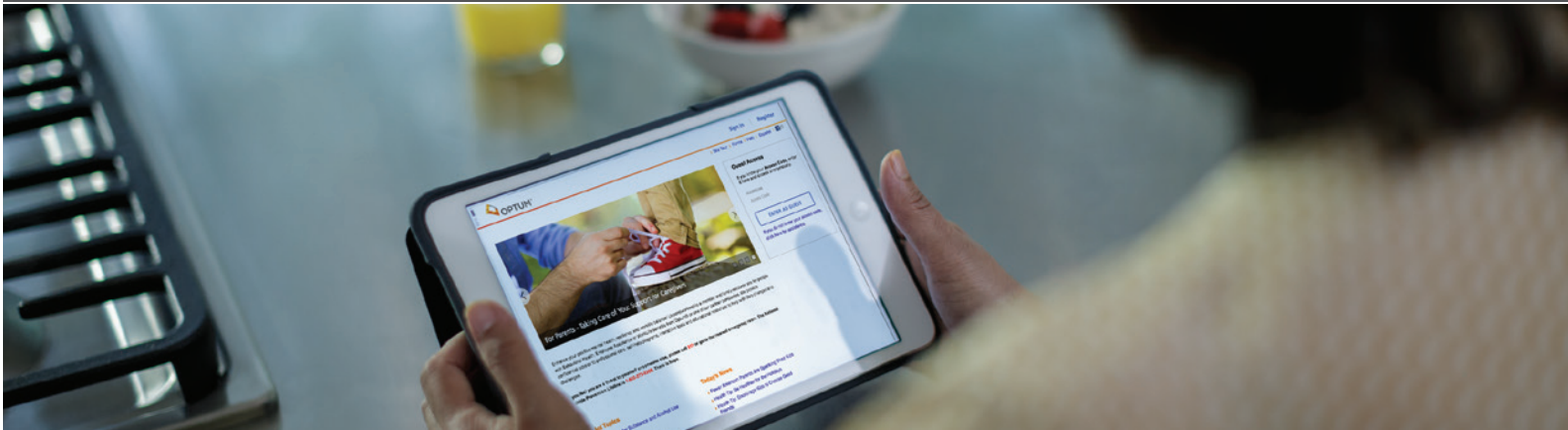


Telemental Health: Convenient online access to providers



Did you know you can meet with a psychiatrist or therapist online through private and secure video-conferencing?

Schedule a virtual visit with a psychiatrist or therapist using Telemental Health (TMH). TMH uses secure video-conferencing technology to connect you with behavioral health providers in real-time.

Using TMH, clinicians can evaluate and treat general mental health conditions, such as depression and anxiety. They can also provide therapy, and when appropriate prescribe medications.* Treatment is provided by psychiatrists and therapists who are part of Optum's behavioral health network.

Telemental Health offers you:

- Convenient appointments that work with your lifestyle
- A network of 3,000 psychiatrists and therapists in all 50 states
- The care you need sooner, in the privacy of your own home*
- Secure, HIPAA-compliant technology

Take the first step.



Register and Log on with **HealthSafe ID™** OR enter your Access Code: PayPalUS at liveandworkwell.com



Select **"Find a Provider."**
Toll Free Number
1-866-248-4096



Click **"Telemental Health"** to find a provider licensed in your state.

* As per state telehealth rules and regulations.

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Optum does not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply.

Also, certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services. **If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911 or 1-800-suicide (784-2433) or 1-800-273-TALK (8255).**

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