



# Tools to Help You Move Forward

## Student Assistance Program

One call to the Student Assistance Program toll-free number gives you, as a member, access to the support you need, when you need it. Our specialized services give the confidential assistance needed to deal with personal issues and crises. The Student Assistance Program toll-free number is located on your UHCSR ID card.



**Counseling** - Members facing stressful or emotional issues have 24/7/365 access to prompt counseling services. Beginning with your first toll-free call, our licensed clinicians will listen carefully to assess your needs.



**Web-Based Services** - Our website LiveAndWorkWell.com provides members with confidential support for life's challenges. It offers health risk assessments, health/fitness calculators and other resources.



**Legal and Financial** - Members also have access to help with issues such as mounting credit card debt, divorce and child custody matters.



**Mediation** - Access to national network of over 3,000 mediators to help resolve family-related disputes. All mediators are attorneys or subject matter experts. Caller may receive a free 30 minute consultation with a 25% discount for additional services with a network attorney (caller is responsible for attorney costs).

*Student Assistance Program services are provided through OptumHealth Behavioral Solutions and OptumHealth Care Solutions, UnitedHealth Group companies. The Student Assistance Program is not a substitute for medical attention. If you have an emergency medical condition, you should call 911 or your local emergency services number.*

UnitedHealthcare StudentResources does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

- ATTENTION: Language assistance services, free of charge, are available to you. Please call 1-866-260-2723.
- ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-866-260-2723.
- 請注意：如果您說中文 (Chinese), 我們免費為您提供語言協助服務。請致電 : 1-866-260-2723.

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