

Confidential and compassionate care for the whole family

When it comes to your mental health, we're with you at every step. With the National Railroad Plans – Health & Welfare Benefits, you and your covered family members can take advantage of in-person care, telemedicine and digital resources for mental well-being in the way that is most comfortable and convenient for you.

Find the help you need, the way you need it.

In-person support

- Behavioral health doctors, therapists and counselors are available for members enrolled in **Aetna**, **Highmark Blue Cross Blue Shield** or **UnitedHealthcare** medical plans through **United Behavioral Health**.
- Not all providers are in-network. To confirm in-network status—especially for substance use treatment—call **1-866-850-6212** or visit **liveandworkwell.com** (access code: **Railroad**).

Telemedicine care options

- With **Teladoc Health**[®], you can schedule an appointment with a licensed therapist from home. Register at **teladochealth.com/railroad** or call **1-800-Teladoc (835-2362)**.
- You can also connect with a **United Behavioral Health Advocate** to find a new in-network provider offering virtual visits. Call **1-866-850-6212** or visit **liveandworkwell.com** (access code: **Railroad**).

Self-guided and online resources

- **Live and Work Well** offers tools and resources to help manage stress, sleep, resilience and more. Access provider search, topics and tools at **liveandworkwell.com** (access code: **Railroad**).
- **The Calm Health app** provides self-guided exercises to support stress management, better sleep and coping skills. To get started, visit **liveandworkwell.com** (access code: **Railroad**).

Additional support

- **Substance use recovery support: 1-866-850-6212 | 24/7**
- **988 Suicide & Crisis Lifeline: Call or text 988 | 24/7**
- Autism spectrum disorder (ASD) support is also available at no additional cost. Connect with an **Autism Care Advocate** at **1-866-850-6212 | 8 a.m. – 8 p.m. ET | Mon. – Fri.**



More to explore

Access additional resources like provider search tools, self-care support and more at **liveandworkwell.com** (access code: **Railroad**).



Your privacy is important.

Your benefits administrators protect the privacy of your personal health information as required by law. Your personal information and use of this service will never be shared with your Railroad employer or Labor Union.



The 24/7 Nurses & Health Specialist service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Keep in mind that individual member results may vary. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

United Behavioral Health d/b/a Optum [U.S. Behavioral Health Plan, California d/b/a OptumHealth Behavioral Solutions of California] does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. 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 988 or 1-800-SUICIDE (784-2433) or 1-800-273-TALK (8255).

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