



## How Much Will This Benefit Cost?

There's no charge for referrals. Access to our Web site, [liveandworkwell.com](http://liveandworkwell.com), is always free. For more information, please refer to your employer-provided benefit information.

## What Other Services Are Available?

Convenience requests. One call can help you find tickets for local entertainment venues, specialty restaurants, or personal and household services and shopping information.

## Are Services Confidential?

We won't share your personal records with your employer or anyone else without your permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.



## Your WorkLife Services Benefit



### Get The Most Out Of Life

- Balancing Work and Life Issues
- Parenting and Family Care
- Healthy Living Resources
- Home Maintenance Referrals
- ... and more

Contact us any time you need help with any of life's concerns.

# (800) 234-5465

TDD/TTY Dial 711 and enter the number above.

or log on to  
[www.liveandworkwell.com](http://www.liveandworkwell.com)  
**access code: claremontcolleges**

In an emergency, the first concern is your health. Call 911 or get to an emergency room as soon as possible.

United Behavioral Health, operating under the brand Optum

B199-70207-377730-A

© 2012 Optum. All Rights Reserved.



Your WorkLife Services Benefit

(800) 234-5465

TDD/TTY Dial 711 and enter the number above.  
or log on to [www.liveandworkwell.com](http://www.liveandworkwell.com)  
access code: claremontcolleges



Your WorkLife Services Benefit

(800) 234-5465

TDD/TTY Dial 711 and enter the number above.  
or log on to [www.liveandworkwell.com](http://www.liveandworkwell.com)  
access code: claremontcolleges



The challenges you face each day can lead to stressful feelings. At times, such feelings may overwhelm you. Your home life, your happiness and your performance at work all can suffer. We can help. Your WorkLife Services Benefit is designed to provide confidential support and personalized information and resources to face those everyday challenges or more serious problems, and it's available around the clock — anytime you need it.

## What Can My WorkLife Services Benefit Do For Me?

You may be trying to balance the demands of work and home, caring for an aging parent or coping with a demanding two-year-old. Maybe you just want to strengthen your relationships with your family. Your WorkLife Services Benefit offers assistance and support for all these concerns and more:

- Child and elder care services
- Financial assistance resources
- Parenting and family support
- Adoption consultation and referrals
- Learning to live with chronic illness
- Home maintenance referrals

To find out more, give us a call or visit [www.liveandworkwell.com](http://www.liveandworkwell.com).



## How Do I Get Started?

Accessing your WorkLife Services Benefit is easy and available 24 hours a day. Simply call the toll-free number on this brochure.

### What Will Happen When I Call?

A specialist will ask you a few questions to help identify the nature of your problem and provide you with personalized resources and educational materials to address it. We will work to satisfy your preferences with respect to gender and language/cultural requirements.

### Can I Access Services Online?

Yes. [liveandworkwell.com](http://liveandworkwell.com) is an interactive Web site that provides access to your benefit and tools to help you enhance your work, health and life.

You can:

- Check your benefit information and submit online requests for services.
- Search our online directory of clinicians.
- Access information and resources for hundreds of everyday work and life issues in one of our many virtual help centers.
- Participate in interactive, customizable self-improvement programs.

Any member of your household may access these online services, including dependents living away from home.

## Easy Access to Your WorkLife Services Benefit

Keep this card close by for access to confidential help 24 hours a day.



live and work well

- Balancing Work and Life Issues
- Parenting and Family Care
- Healthy Living Resources
- Home Maintenance Referrals
- ... and more




live and work well

- Balancing Work and Life Issues
- Parenting and Family Care
- Healthy Living Resources
- Home Maintenance Referrals
- ... and more

