



When you're not sure where to start, we're here for you

A side-by-side comparison of two important benefits you have access to

MAP

- Benefit provided by your employer, with no need to enroll
- A place to start for in-the-moment support to get you through a challenging life event or everyday concern
- Provides referrals for personal, family or behavioral health concerns that may require clinical care
- Available for all household family members
- No-cost coaching, counseling and therapy visits are available, and the allowed number of visits refreshes for each new issue
- Does not include medication prescription coverage or management

MAP provides assistance for life's challenges:

- Managing stress
- Finding mental health and substance use support
- Navigating family conflicts and relationships
- Finding care and help for children or elders
- Connecting with a financial coach
- Accessing legal services and more

Behavioral Health plan

- Benefit provided if you enroll in your employer's health insurance plan (part of the same plan that pays for your medical care)
- Accessed when there is a specific need for care (such as anxiety, depression, substance use, autism and more)
- Provides coverage for clinical treatment (such as talk therapy, in-patient treatment and more) for behavioral health concerns
- Available for covered employees as well as covered dependents
- Coverage for care (such as therapy or in-patient) is tied to health insurance plan benefits
- Can include medication prescribing and/or management

Your Behavioral Health plan is a health-related benefit that can help you:

- Connect to an extensive network of providers, whether you need short-term emotional support or ongoing treatment
- Access covered care for specific diagnoses such as depression, anxiety or substance use

MAP

MAP benefits include:

- **24/7 availability:** Get direct access to experienced consultants, 24/7, for personalized support.
- **Confidentiality:** The information you share will remain confidential in accordance with the law.
- **No extra cost:** As part of your benefits, MAP is included at no extra cost.
- **Family support:** Your benefit supports you and those in your household.
- **Digital support tools and resources:** Find out what's recommended for you based on your needs at liveandworkwell.com.

- MAP provides up to 3 counseling and coaching sessions either in person or virtually for each issue or problem at no cost to you. After these visits, additional visit could be covered as a Behavioral Health benefit.
- Your benefit renews each year.

Your employer will not be notified if you utilize MAP services.

Call MAP services at 877-225-2267.

Behavioral Health plan

Your Behavioral Health plan benefits include:

- **Quality care:** Choose from an extensive national network of mental health providers.
- **Convenience:** Get support online with Virtual Visits.
- **Personalized support:** Get an individually tailored treatment plan.
- **Family support:** Your coverage supports you and your covered dependents.
- **Digital support tools and resources:** Find out what's recommended for you based on your needs at liveandworkwell.com.

- Treatment is provided under insurance coverage and may have limitations based on policy benefits.
- Services are subject to in-network and out-of-network fees, including deductible.
- In-network services are negotiated for lower costs and fees and are reimbursed through your health plan. For out-of-network services, you may pay out of pocket but can submit for reimbursement.

Behavioral Health plan services are confidential in accordance with federal and state laws.

Contact your Behavioral Health plan by calling the number on the back of your insurance card.

**Support for
everyday
life**

To learn more about the specific MAP and Behavioral Health plan benefits available to you, scan the QR code or visit liveandworkwell.com.



To find the right support for you, enter your company access code: **IBEWNECAsound**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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