



Your resource for mental health and substance use concerns

If you need extra help and support, Live and Work Well can help. With Live and Work Well, you'll find well-being resources and personalized support services to help you and those you care about find the balance, support and care to achieve true health.

The Live and Work Well site is available 24/7 for confidential access to professional care, self-help services and information on issues that may be impacting your life. You can:

- + Find a provider, discover community and work-life resources near you, and connect to expert guidance regarding conditions and situations that concern you
- + Explore self-help services, interactive tools and action-oriented advice to help you take steps toward feeling healthier, happier and more in control of your health and well-being
- + Get up to speed on today's hot health tips with access to the latest news, events and library of expert articles and advice



Visit LiveAndWorkWell.com
and enter access code PROVHP



Or call **800-711-4577** anytime
for confidential help

