

# Resources to help make life a little easier

We all have well-being challenges — from stressful situations like caregiving for a loved one to mental health conditions such as depression. As part of your National Railroad Plan benefits, you and your covered family members can access **United Behavioral Health**, whether you're enrolled in an Aetna, Highmark or UnitedHealthcare medical plan.

Your **United Behavioral Health** benefit includes a network of behavioral health clinicians who offer confidential health care for:

- Stress or anxiety
- Depression
- Alcohol and substance use
- Coping with grief and loss
- Anger management
- And more

## Find benefits support and doctors the way you prefer

### Connect with an Advocate by phone, 24/7

Your dedicated team of Behavioral Health Advocates is available 24/7. Each Advocate is a master's-level clinician trained to provide immediate support by answering questions and guiding you to available resources. Because they know your benefits inside and out, they can remove the guesswork of finding care by guiding you to in-network providers and making appointments for you. Connect with the team by calling **1-866-850-6212**.



### Access support through Behavioral Health Telemedicine

Meet with a behavioral health provider from your phone, computer or tablet. Your National Railroad Plan benefits offer two options.



To find an in-network provider who offers telemedicine visits, call a 24/7 United Behavioral Health Advocate or go to [liveandworkwell.com](https://www.liveandworkwell.com). Contact the provider to make the appointment and receive their instructions for the visit.



To get started, create an account and complete a quick registration through the Teladoc app, through the member website at [member.teladoc.com/railroad](https://member.teladoc.com/railroad) or by calling **1-800-Teladoc (835-2362)**. After completing your registration, you can schedule an appointment. If you are already registered on Teladoc, there is no need to register again.





### Resources for substance use

Connect to a Substance Use Recovery Advocate who can help you chart a path to recovery, available 24/7. Call **1-866-850-6212**.

### Suicidal thoughts?

If you or someone you know is having suicidal thoughts, a Behavioral Health Advocate is a licensed professional who can provide caring and support. Call **1-866-850-6212**.

### Get on-demand help for stress and more

Self Care by AbleTo delivers personalized, 24/7 support to help you build resilience and reframe thought patterns. It uses science-backed strategies to help you grow new skills and create daily habits to better handle challenges. AbleTo is available at no additional cost. Get started at [ableto.com/begin](https://ableto.com/begin).



### Find doctors and access tools and information online

Find in-network behavioral health clinicians and schedule appointments, learn about a variety of behavioral health-related topics and explore self-care tools at [liveandworkwell.com](https://liveandworkwell.com) (access code: Railroad).



#### Autism spectrum disorder (ASD)

As part of your benefits — and at no additional cost — a professional team with autism experience is available to help you navigate the health care system and find autism-related resources, including ABA therapy (applied behavioral analysis).

To connect with an Autism Care Advocate, call **1-866-850-6212**, 8 a.m. to 8 p.m. ET, Monday through Friday.



#### Save with an in-network provider

Make the most of your benefits by choosing a provider in the network. In-network providers are reviewed regularly to ensure the quality of their services and can save you time and money.



#### 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.



**These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This content is for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans. Your personal health information is kept private in accordance with applicable privacy laws and regulations.