

Mental well-being support at a glance

Whether you or a family member is going through a rough patch or dealing with ongoing concerns, know that help is here. We encourage you to take advantage of support whenever you need it — the following resources are available as part of your benefits.

Looking for resources and support for ongoing concerns?

Employee Assistance Program (EAP)

For anyone in your household, receive up to 8 counseling sessions* per person, per topic, per year, virtually or in person, at no cost. You can also access videos, support tools and more. Call **1-800-888-2273** or visit **member.magellanhealthcare.com**.

Live and Work Well through UnitedHealthcare

Search for a provider, schedule in-person or virtual behavioral health visits, access online resources and more. Call **1-833-719-1700** or visit **liveandworkwell.com** (access code: CCCTeam).

Support through UnitedHealthcare

With your coverage through UnitedHealthcare, you have behavioral health benefits designed to help you manage your mental health. Access a large network of providers, get tailored treatment plans and more. Visit **myuhc.com®** or call **1-833-719-1700**.

Corporate Chaplains

Get personalized care for you and your family 24/7/365 to provide support to reduce stress and anxiety and more. Permission based, confidential and voluntary. Visit **chaplain.org/CokeConsolidated** to access your Chaplain by name or CCCI location.

Want self-help support for managing stress, anxiety and more?

Calm Health

Access programs and tools designed to help you work toward goals like sleeping better, managing stress and being more resilient. Plus, get 24/7 access to guided meditations, sleep stories, soothing soundscapes and more.

Visit **uhc.app/calm** or the **UnitedHealthcare® app**.

Talkspace

Connect with a licensed therapist for needs such as anxiety, depression, post-traumatic stress disorder (PTSD) and more, from your phone or desktop. No office visit required. Register at **talkspace.com/connect**.



Need immediate, 24/7 support?

Get confidential crisis support and prevention resources for loved ones. Call or text **988**.

Crisis Text Line

Receive confidential support via text from a crisis counselor. Text "HOME" to **741741**.

Substance Use Helpline

Get help for urgent needs regarding substance use disorders. Call **1-855-780-5955**.

Certain preventive care services are covered without cost sharing by many plans as specified by the Patient Protection and Affordable Care Act (ACA). These services are based on your age and other health factors. UnitedHealthcare also covers other routine services that may require a copay, coinsurance or deductible. Always refer to your plan documents for your specific coverage.

These services are for general informational purposes only and are not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. These programs may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

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