

Virtual Visits: Convenient online access to providers



You can meet with a therapist online through secure video-conferencing.

Schedule a virtual visit with a therapist. Virtual visits use secure video-conferencing technology to connect you with EAP providers in real-time through the Internet.

Using virtual visits, clinicians can evaluate and treat general mental health conditions, such as depression and anxiety. They can also provide therapy, and when appropriate prescribe medications.* Treatment is provided by therapists who are part of Optum's EAP provider network.

Virtual visits offer you:

- Convenient appointments that work with your lifestyle
- A network of therapists in all 50 states
- The care you need sooner¹, in the comfort of your own home*
- Secure, HIPAA-compliant technology

Take the first step.



Log on to
liveandworkwell.com
Access Code:
UCSC



Under the **"Find a Resource."** tab,
select **"Provider"**.



Click on the **"Virtual Visits"** tab to find a provider licensed in your state.

¹ 1DocWay. Based on a January 2017 Genoa Telepsychiatry Survey across all behavioral health members who utilized telemental health services from November 1, 2016 to December 31, 2017.

*As per state telehealth rules and regulations.

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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