

Tools to Help You Move Forward

Student Assistance Program

One call to the Student Assistance Program toll-free number gives you, as a member, access to the support you need, when you need it. Our specialized services give the confidential assistance needed to deal with personal issues and crises before they interfere with concentration, attendance, motivation and potentially become high-risk behaviors. The Student Assistance Program toll-free number is located on your UHCSR ID card.

Counseling

Members facing stressful or emotional issues have 24/7/365 access to prompt counseling services. Beginning with your first toll-free call, our licensed clinicians will listen carefully to assess your needs.

Web-Based Services

Our website LiveAndWorkWell.com provides members with confidential support for life's challenges. It offers health risk assessments, health/fitness calculators and other resources.

Legal and Financial

Members also have access to help with issues such as mounting credit card debt, divorce, child custody matters, and shelter from abusive relationships.

Mediation

Access to national network of over 3,000 mediators to help resolve family-related disputes. All mediators are attorneys or subject matter experts. Caller may receive a free 30 minute consultation with a 25% discount for additional services with a network attorney (caller is responsible for attorney costs).

Student Assistance Program services are provided through OptumHealth Behavioral Solutions and OptumHealth Care Solutions, UnitedHealth Group companies. The Student Assistance Program is not a substitute for medical attention. If you have an emergency medical condition, you should call 911 or your local emergency services number.

UnitedHealthcare StudentResources does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

- ATTENTION: Language assistance services, free of charge, are available to you. Please call 1-866-260-2723.
- ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-866-260-2723.
- 請注意：如果您說中文 (Chinese), 我們免費為您提供語言協助服務。請致電 : 1-866-260-2723.

