

How to use liveandworkwell.com to support your patients.

While you are familiar with UBH Online's useful clinician resources and services, did you know you can use our consumer Web site, liveandworkwell.com, to help educate your UBH patients about mental health and substance abuse issues? Try it to compliment your office sessions.

As UBH network clinicians, you have complimentary access to our consumer site for behavioral health and substance abuse information, tools and resources. Just go to www.liveandworkwell.com and click "Click here to enter using only an Access Code". Then enter **CLINICIAN** in the entry field and you are in! (If this is your first visit, you may be asked to click yes on an Access Agreement.)

[Liveandworkwell.com](http://liveandworkwell.com) enables patients to search for clinicians, execute a number of self-service functions including getting online approval for MHSA and EAP visits, get information and even try a variety of assessments and self-help programs. Please explore this rich resource site.

During the course of your work with patients, time is always tight. You may find it helpful to refer UBH members to liveandworkwell.com for background information on an issue or related problem. They can register or use their company Access Code to enter.) Some clinicians find it helpful to print or email articles from liveandworkwell.com's My Health & Well-Being library to patients. Whether patients are dealing with stress, depression, ADHD or any of the 28 conditions in liveandworkwell.com's Mental Health Condition Centers, the information will provide a better understanding of the condition and this should support your therapy efforts.

Do you have Patients with Spanish as their primary language?

[Liveandworkwell.com](http://liveandworkwell.com)'s new sister site www.MenteSana-CuerpoSano.com (Healthy Minds-Healthy Bodies) provides Spanish mental health and substance abuse information and resources. The Spanish site provides **resources to the Public in addition to UBH members** so you can refer any Spanish speaking patient to MenteSana-CuerpoSano.com. UBH members may get additional resources with their company Access Code.