

Parents: We are here for you online, any time

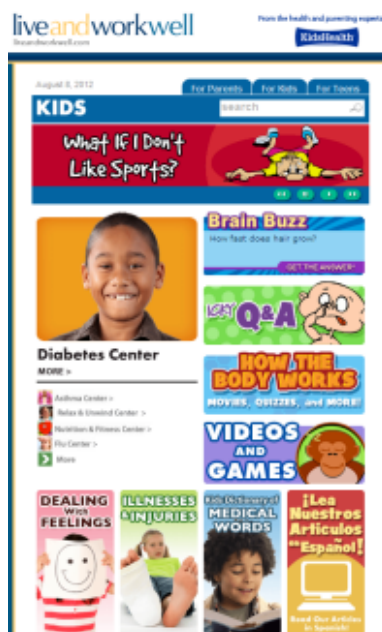


UnitedHealthcare Community Plan for Kids provides Pennsylvania CHIP Parents with online access to behavioral health and parenting resources:

From your internet browser on your computer or Smartphone, go www.UHCCCommunityPlan.com. Next, choose **Pennsylvania**. (If you are unable to choose your state, enter your zip code in the space provided.) Next, choose **UnitedHealthcare Community Plan for Kids**. Next, choose **Links for Health Information**.

Professional Parenting Advice – Keep Your Kids Healthy, Happy and Motivated

If you have kids, you have questions. **UnitedHealthcare Community Plan for Kids** offers a great, anytime, online resource to provide answers. **Liveandworkwell** is organized into three sections: **Live Well, Be Well and Work Well**. They are all very easy to use and have a lot of information. Get doctor reviewed advice on pregnancy and parenting. Help your child deal with stress, friends, school, bullies, self-image and more. See the **My Healthy Family** section for age-appropriate resources in English and Spanish. (Click Quick Links “Resources” and then select it)



Partnering with Parents

Parents are busy people. Balancing family, work and personal life is stressful enough but add in a major change in your life or the need to cope with a challenging emotional health issue, and it can be overwhelming. If you are coping with mental health recovery, addictions or other ongoing conditions, you need support.

Did you know you have help? **UnitedHealthcare Community Plan** families have access to the newly updated **liveandworkwell** portal as part of your benefit package. Available anytime, the site is a private resource for you and your family to access professional care, self-help programs and educational resources. Find the most popular resources with a single click from the Welcome page. Explore the tabs and quick links (highlighted or underlined information) for valuable medical and behavioral health resources.

Resources you can trust

Our doctors and specialists have pulled together some of the top online resources in one handy place.

Why and when to use liveandworkwell.com?

- If your child is having problems with you, friends or school, we provide insight, advice and wording that you can use. Growing up can be tough. The age-appropriate sections for Kids and Teens in the *My Healthy Family* area can be invaluable.
- Visit the site if your family is dealing with stress, depression, Attention Deficit Hyperactivity Disorder (ADHD), Autism, loss of a loved one, drinking or drug problems, or other serious emotional/behavioral conditions. We empower you with recovery and resiliency information. We give you information to help you recover and live life to the fullest. Learn more in the new *Be Well* section.
- If you are pregnant or are a parent, we have lots of resources for your wellbeing. We provide resources to help you take care of yourself and your children.




| Popular Pennsylvania Wellbeing Resources! | | |
|---|----------------------------|----------------------------|
| Adults | FAQ | Toolkit |
| Depression | Click Here | Click Here |
| Bipolar Disorder | Click Here | Click Here |
| ADHD | Click Here | Click Here |
| Post-Traumatic Stress Disorder | Click Here | Click Here |
| Alzheimer's | Click Here | Click Here |
| Alcohol Use | Click Here | Click Here |
| Drug Use | Click Here | Click Here |
| Smoking | Click Here | Click Here |
| Youth | Related Article | |
| Depression | Click Here | |
| ADHD | Click Here | |
| Alcohol Use | Click Here | |
| Drug Use | Click Here | |
| Smoking | Click Here | |
| Storing Disorders | Click Here | |

Your use of the site is NOT reported and does NOT become part of your medical record. It's just a resource for you.

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