



Discover online support available to you today.

Check out these digital resources included as part of SEAP. It's all about helping you and your family connect with care when you need it. All of these benefits can be accessed through [LiveandWorkWell.com](https://liveandworkwell.com) using access code Pennsylvania, or by calling 1-800-692-7459.

Live and Work Well

Explore tools, articles, videos, self-help programs and more for a variety of mental health and work/life concerns, from stress, anxiety or substance use disorder to help with parenting or caregiving. Search for nearby network providers, including those offering virtual visits, and even schedule appointments, right online.

Sanvello

Clinically-tested techniques to help dial down symptoms of stress, anxiety and depression — anytime. Connect with coping tools, guided journeys, community support, a progress tracker, and more. Reach for just the right tool to relax, be in the moment or manage stressful situations, like test-taking or public speaking. Visit the [Sanvello page](#) on Live and Work Well to get started.

TalkSpace

Communicate with a licensed therapist, from your smartphone or computer, no office visit required. You can start therapy within hours of selecting your therapist using the online matching tool, connect through messaging, video and audio message five days a week, and schedule live video sessions, when needed.

Virtual Visits

See and speak with a clinician who can evaluate and treat a variety of general mental health conditions, such as anxiety, depression and substance use disorder.

Real people. Real life. Real solutions.



Call SEAP. 1-800-692-7459, TTY 711.

Or log on to liveandworkwell.com Access code: Pennsylvania

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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