



# Tools to Help You Move Forward



**StudentAssist** - One call to the StudentAssist toll-free number gives you, as a student, 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. The StudentAssist toll-free number can be found in the student's My Account.



**Crisis Support** - Students facing stressful or emotional issues have 24/7/365 access to prompt In-the-moment services. Beginning with your first toll-free call, our licensed specialists will listen carefully to assess your needs.



**Web-Based Services** - Our website, LiveAndWorkWell.com, provides students with confidential support for life's challenges. It offers health risk assessments, health/fitness calculators and other resources.



**Sanvello** - Students have access to the Sanvello mobile care solution that provides on-demand help to improve their mental health. Support includes self-care, peer support, coaching and therapy, making it easy for students to find the resources they need.



**CollegeLife** - Provides direct access to experts and referrals for a broad-spectrum of pre-screened and qualified convenience resources for students who may be experiencing issues distracting them from their studies.



**Legal and Financial** - Students also have access to help with issues such as mounting credit card debt, divorce and child custody matters.



**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).

*StudentAssist services are provided through OptumHealth Behavioral Solutions and OptumHealth Care Solutions, UnitedHealth Group companies. The StudentAssist 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 **Student**Resources 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: Usted tiene a su disposición servicios de asistencia en otros idiomas, sin cargo. Llame al 1-866-260-2723.

注意：免费提供语言协助服务。請致電 1-866-260-2723。

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