



# Student Resources Living Well

University System of Georgia students and dependents enrolled in the USG Student Health Insurance Plan can log into [www.uhcsr.com/MyAccount](http://www.uhcsr.com/MyAccount) and click on Additional Benefits to access the following resources:

## SR Living Well

### 24/7 Crisis & In-the-Moment Support

Our 24/7 Crisis & In-the-Moment Support line is offered to provide immediate access to masters level specialists at no cost. Our crisis intervention and specialists are always ready for urgent situations.

### Mental Health Virtual Care

Members can select a counselor that is right for them, and begin scheduling their visits with a mental health provider. HealthiestYou, supported by Teladoc, provides free, confidential access to treat a wide range of issues. Members can download the app: HealthiestYou.

### Legal/Financial Stress Assistance

Access to licensed professionals to help with legal and financial issues.

### Medicine Management

Ongoing medicine management services between the member and the Teladoc provider will help ensure the member is benefiting from the prescribed medications and adhering to their treatment plan.

### Living Well Portal

Secure access to self-help tools and resources including articles, interactive learning tools, webinars, online courses and support groups.

### Calm

The #1 app for sleep, meditation and relaxation. Our members will have Premium access as part of their health insurance plan.

### Mental Health Provider Directory

Optum Behavioral Health (OBH) provides access to quality inpatient and outpatient care, and offers members digital resources and clinical support to help achieve stabilization, build resiliency, sustain recovery and reduce costs. Our nationwide network includes every clinical specialty, level of care, and type of community resource.

The student health insurance plan is underwritten by UnitedHealthcare Insurance Company and is based on Policy #2025-202809-1. For a full description of coverage, including benefits, exclusion, any reductions or limitations, and the terms under which the coverage may be continued in force, log on to [www.uhcsr.com/univofga](http://www.uhcsr.com/univofga) to review the Certificate of Coverage.

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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