



You shouldn't have to wait for peace of mind.

## Introducing the Express Access Network

When you need mental health support, it's frustrating to wait weeks for an appointment. That's why we created the Express Access Network. Express Access providers offer appointments within just five days of your request. And when you're struggling, just knowing you don't have to wait for weeks to be seen can be a big relief.

### Here's how to find an Express Access Provider:

- Log in to [liveandworkwell.com](https://liveandworkwell.com)
- Click Behavioral Health Care Search.
- Use the filter tools on the left of your screen to narrow down your search.
- Check "Express Access" to find a participating provider.



Get the care you need, faster. Go to [liveandworkwell.com](https://liveandworkwell.com) to find an Express Access provider today.

**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. Check your health plan regarding your coverage of services. If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911 or 1-800-SUICIDE (784-2433) or 1-800-273-TALK (8255).