



# LIVEMAGENTA

## Total Health For Your Whole Self

T Mobile™



## FOR YOU & YOUR FAMILY

We aren't a one-size-fits-all type of company — we've got resources for everyone because we want to help provide the right solution for YOU and your family!

Get financial help from a money coach, de-stress with mindfulness sessions, create healthy habits with a wellness coach, quit tobacco, connect with a LiveMagenta life coach, and more at zero cost!

## AT YOUR SERVICE



### Emotional Health

Overwhelmed with a relationship, emotional state of mind, or addiction? Connect now for support and resources.



### Financial Health

Whether you're saving to buy a house, trying to get out of debt, or have other financial goals, get connected to a money coach!



### Physical Health

Stressed out, sleep-deprived, thinking about quitting tobacco, want to focus on getting in better shape? Find what you need and get connected today.



### Social Health

Get connected to resources for help building stronger ties — to friends, family and those in your community.



### Work Health

Get help with career development, find time management resources, tuition assistance, and more!

# YOU'RE COVERED. AT NO COST.

- Connect with a LiveMagenta life coach 24/7
- Ten no-cost counseling sessions
- Learn to manage your stress with eM Life
- Tap into on-demand access for self-help with stress and emotional well-being with Self Care by AbleTo
- Get unlimited money coaching with My Secure Advantage
- Quit tobacco at your own pace through Quit For Life®
- Work with a wellness coach to reach your fitness goals
- Connect with a convenience service specialist to help with the fun stuff, like dinner reservations or vacation plans

Get started at [LiveMagenta.com](https://www.livemagenta.com)



## TEN COUNSELING SESSIONS ON US

Employees and their families are eligible for ten counseling sessions – per topic – on us! Plus, unlimited access to LiveMagenta life coaches at your convenience. Call 855-780-5958 anytime or live chat during business hours.

LiveMagenta life coaches are:

- Master's Level Specialists
- Available 24/7
- Always confidential
- Trained to help find the right solutions for YOU

## IT'S EASY TO CONNECT



[LiveMagenta.com](https://www.livemagenta.com)



Call A Life Coach



Live Chat During Business Hours

TIP: Add LiveMagenta.com to your phone's home screen for easy access.



This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

The information on the LiveMagenta site is for informational purposes only and provided as part of your health plan. The health and wellness team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Participation in any offerings and/or health surveys is voluntary. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time. Rapid weight loss may cause serious health problems. Optum does not promise or guarantee that participation in the program will help you lose weight. Individual results from participation may vary. Please discuss with your doctor how the information provided may be right for you. All trademarks are the property of their respective owners.

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