



Count on seven

Your seven, free counseling sessions are waiting

ABOUT

Live and work well benefits

Sometimes you want to talk.
Sometimes you want to listen.
Or sometimes you simply want to have an extra go-to resource.

You have seven, no-cost, office visits

Take advantage of your free, in-office, counseling sessions. You and each member of your household get seven, in-office sessions (per issue) during a calendar year at no cost to you. To find a professional near you, go to [LiveandWorkWell.com](https://www.LiveandWorkWell.com) and select the “Search for Clinician” tool.

More than counseling

Your benefits go far beyond traditional services to help with almost anything. From finding a way out of debt to finding the right yoga class, furnace repair technician or holiday gift—give us a try!

All Discover® employees have confidential Live and Work Well benefits to help with:

- Legal & financial situations
- Substance abuse
- Relationship and family issues
- Living with chronic conditions
- Workplace conflicts
- Caregiver support
- Depression, anxiety and stress

How do I get started?

Your benefits are available to you and your family 24 hours a day, 7 days a week. Simply call toll-free at **1-800-622-7276** to speak with a program specialist who can assist you. Or visit [LiveandWorkWell.com](https://www.LiveandWorkWell.com) and enter access code: **Discover**.

DISCOVER

[LiveandWorkWell.com](https://www.LiveandWorkWell.com)
access code: **Discover**

LiveWell
Health > Wealth > Balance