



# How to Fulfill a “Well-Being Visit”



Below is a list of qualifying visit types to fulfill a  
“Well-Being Visit” for the 2026 Health Premium Credit  
Program and how to sign up for each option:

## Anthem LiveHealth Online (Therapy or Psychiatry)

Get started by downloading the LiveHealthOnline app or  
visit [livehealthonline.com](https://livehealthonline.com) to sign up and get connected to care.

## Living Resources Program's Well-Being Coaching

Call 844-207-5465 to schedule an appointment.  
**OR**

Visit [guidanceresources.com](https://guidanceresources.com) to log in or register for an account.  
(Web ID: *LivingME*)

Once logged in, select **Connect Me** to live services & care options then  
choose the *Find a Well-Being Coach* icon to schedule an appointment.

## Living Resources Program's Confidential, Short-Term Counseling Services

Call 844-207-5465 to schedule an appointment.  
**OR**

Visit [guidanceresources.com](https://guidanceresources.com) to log in or register for an account.  
(Web ID: *LivingME*)

Once logged in, select **Connect Me** to live services & care options  
then choose the *Find a Therapist* icon to schedule an appointment.

## Office Visit (In-Network or Out-of-Network)

Topics include navigating stress, anxiety, depression, burnout,  
grief, trauma, coping, etc.

To schedule an appointment, contact your Primary Care Provider (PCP).

**Don't have a PCP?**

Find a provider using [Anthem's FindCare tool](#).

For more information or additional questions:  
Please contact WellStarME at  
207-620-9202 or [wellstar@mcd.org](mailto:wellstar@mcd.org).