



How to Fulfill a “Well-Being Visit”



Below is a list of qualifying visit types to fulfill a “Well-Being Visit” for the 2025 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 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 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 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.