

Flourish OPTUM™



Get connected 24/7 with the *myLivewell* mobile app



Flourish just got better with the easy-to-use app available at no extra cost.

As part of the benefits of the **Flourish** programme, you can use your smartphone 24/7 to connect with local service professionals who can address issues affecting your well-being and help you take steps towards a healthier, happier life.

The *myLivewell* app is available to you at no extra cost. With it, you can learn about the many valuable services available to you through **Flourish**.

Available on Apple and Android devices, the app offers convenient and easy-to-use features that can enhance your wellness efforts:

- Details about the wide range of services available to you as part of **Flourish**
- Click to call for quick access to telephone counselling with local professionals for confidential 24/7 support
- Direct access to LiveWell, your well-being member portal at anglicanchurchcq.org.au/Flourish, with useful information and resources that can help you live a healthier and happier life
- Ability to save LiveWell access details and telephone contact information to your mobile device for easy reference
- Select from 19 different languages to personalise your experience

GET THE MOST OUT OF LIFE

Download the *myLivewell* app for access to a wealth of valuable and personal information



1300 361 008 anglicanchurchcq.org.au/Flourish


Anglican
Church Central Queensland

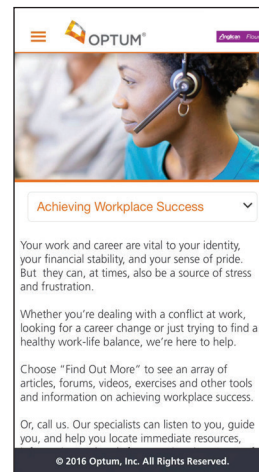
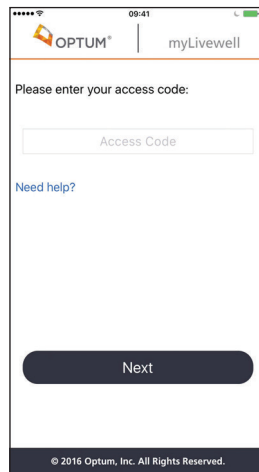


Get connected 24/7 with the *myLivewell* mobile app

How does it work?

To set up the app on a smartphone:

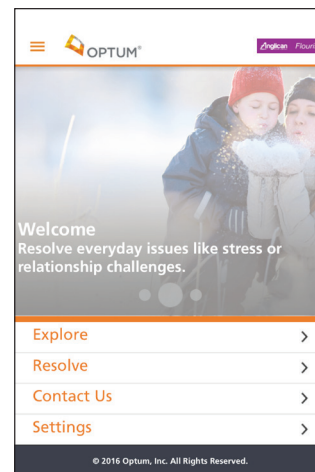
1. Go to the App Store or Google Play and search for *myLivewell* app
2. Download the app, open it  and enter the Anglican Church access code: **flourish** (the same one you use for accessing anglicanchurchcq.org.au/Flourish on your computer)
3. After the access code is entered, enter your country and language preferences (which are stored for future use)
4. Use the app whenever and wherever you need it (there is no charge to download or use the app)



Explore and Resolve Life Challenges

From the app's main menu, go to the "Explore" or "Resolve" sections to access a wealth of helpful information. From the Explore section, you can learn about the many services available to you as part of Flourish:

- LiveWell: get help online including information, tools and resources to help you enhance your work, health and life
- Legal information: help manage stress and anxiety resulting from legal issues with advice from local legal professionals
- Financial information: get professional information and support on a range of financial topics including budgeting, planning and/or debt management guidance
- Telephone counselling: connect to local professionals for confidential 24/7 support



From the Resolve section, you can find information based on issues such as:

- Building better relationships
- Nurturing your family
- Coping with grief and loss
- Achieving workplace success
- Click "find out more" to access **Flourish**

More information about Flourish

Contact the Rockhampton Diocesan Office on (07) 4927 3188 or diocese@anglicanchurchcq.org.au

This program should not be used for emergency or urgent care needs. In an emergency, call the local emergency services phone number or go to the nearest emergency room. Services and personal records are confidential in accordance with applicable law. Additional service disclaimers apply. Please visit livewell.optum.com/public/content/docs/app_eng.pdf for more information or contact your People & Culture representative. © 2016 Optum, Inc. All rights reserved