Optum

When you have a long list of stressors — and a longer list of to-dos

Your Employee Assistance Program (EAP) and WorkLife Services are available to you at no extra cost as part of your benefits. This includes **24/7 access** to EAP over the phone and online. You can call to speak with master's-level employee assistance specialists who provide consultation, risk screening, advocacy, referrals and educational materials. Or you can use our web services, which are available in English and Spanish. Search self-help information, resource databases/directories, video programs, personal empowerment programs and thousands of articles online at **liveandworkwell.com.**

YOU, supported

Scan the QR code and log on to **liveandworkwell.com.**

To find the right support for you, register with your HealthSafe ID or enter your company access code: **OE101**

Connect with your EAP and WorkLife Services.

24/7 availability | **Confidential** | **No cost to you**

More information about what's available to you

EAP services:

Face-to-face counseling

3 visits available per event per year. A network of clinicians – part of our larger network of 150,000 clinicians – provide goal-oriented counseling.

Financial coaching from experts

Up to 60 minutes of free consultation (provided in 30-minute increments) with a credentialed financial coach for each financial issue. Access to extensive legal and financial tools and libraries to help you take control of your finances.

Legal counseling and mediation services

Free 30-minute telephonic or in-person consultation with a state-specific attorney or qualified mediator per separate legal issue, via a national network of more than 22,000 attorneys and 630 professional mediators. Ongoing services are provided at 25% below the firm's current rates after the initial consultation.

Online EAP clinician visit certification

You can request and receive the EAP clinician visit certification document immediately through the website for routine outpatient care.

Digital self-care tools

Visit **liveandworkwell.com** to access our digital suite of tools and resources. Discover the solutions and clinical techniques that best fit your needs to help manage stress, anxiety and other concerns all in one convenient location.

Talkspace

Support when you need it – no appointments necessary. With Talkspace, you can reach out to a licensed network EAP provider, 24/7.
To get started, call your EAP to obtain an authorization code.

Virtual Visits

HIPAA-compliant technology delivers video EAP services in the privacy and comfort of your home or wherever you choose, providing convenience and accessibility. EAP-licensed telemental health providers are available in every state.

WorkLife Services:

Adult care and eldercare support

- Grief/loss
- Retirement planning
- Adult daycare programs
- Financial and legal issues
- In-home/nurse care options

Child and family support

- Childcare options
- Adoption resources
- Day/summer camps
- Emergency/sick-child care
- Parent/family support groups

Chronic illness and condition support

- Respite services
- Caregiving services
- Assistive technology
- Affordable-housing resources
- Meal and transportation resources

Convenience services

- Pet services
- Traveling needs (business and leisure)
- Car and home repair and maintenance
- Shopping, dining and recreation recommendations

Educational resources

- Homeschooling
- Career consulting
- Adult education classes
- Individual educational plans
- School and college recommendations

Call

866-248-4096

Visit

liveandworkwell.com.

Enter your company access code: **OE101**

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

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