

## NEW Onsite EAP Services

### A new way to get support... No travel required.

Now you can find support with NEW Onsite EAP services. Get confidential consultations in your workplace at no cost to you. Currently consultations are being offered virtually. Consultations may include referrals for assistance or coaching on topics such as:

- Work-life balance
- Parenting and family concerns
- Depression, anxiety and stress
- Setting achievable goals
- Difficult work situations
- Communication strategies



### Your new option for Onsite EAP consultations



#### Support when you need it

Consultants provide onsite assistance for a variety of issues - from work-life balance to communication strategies and beyond



#### Getting you connected

Easy access to referrals for other services available to you.



#### Quick and easy scheduling

Call, email or use the portal to schedule your confidential session. Contact your Onsite Consultant:

**Michelle Crow-Yeatts**

**612-474-6030**

**[Michelle\\_Crow-Yeatts@optum.com](mailto:Michelle_Crow-Yeatts@optum.com)**

Visit [LiveandWorkWell.com](https://www.liveandworkwell.com) to learn more about your EAP services and find available resources to help yourself and your loved ones. Sign in using your company access code: **EAP**

Employee Portal available to schedule an appointment with Michelle: [Click here to schedule an Appointment](#)

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 is subject to change. Coverage exclusions and limitations may apply.

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