

# Get personalized support for all of life's moments

Your Emotional Wellbeing Solutions and WorkLife Services are available to you at no extra cost as part of your benefits.

This includes 24/7 access over the phone and online (English and Spanish options). Speak with a navigation specialist for consultation, risk screening, advocacy, referrals and educational materials. Or visit [liveandworkwell.com](https://liveandworkwell.com) to access self-help information, resource databases/directories, video programs, personal empowerment programs and thousands of articles.

## Available services

### Face-to-face and virtual counseling

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

### Digital self-care tools

Visit [liveandworkwell.com](https://liveandworkwell.com) to access our digital suite of tools and resources, including Talkspace and the Calm app. Discover the solutions and clinical techniques that best fit your needs to help manage stress, anxiety and other concerns all in one convenient location.

### WorkLife services

Find support for parenting, childcare, chronic conditions and convenience services. Enhanced Eldercare Services are also now available, with up to 6 hours of free help from experienced professionals. WorkLife specialists can supply educational materials and no-cost referrals to verified resources.

### 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. Ongoing services are provided at 25% below the firm's current rates after the initial consultation.



Scan the QR code for more details.

### Connect with your Emotional Wellbeing Solutions program

- 24/7
- Confidential
- No cost to you

### Call

1-800-354-3950

### Visit

[liveandworkwell.com](https://liveandworkwell.com)

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

\*The service is confidential in accordance with the law.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest ambulatory and emergency room facility.** 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 all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.