

# Employee Assistance Program to Provide You with Confidential Advice



We recognize that employees may experience issues that affect the quality of life at home or at work. The Employee Assistance Program through Optum is available to you and your household family members 24 hours a day, seven days a week at **1-866-248-4096**. All calls are completely confidential and there is no cost to you for using this service. Licensed counselors can provide up to 8 face-to-face or virtual visits per issue. There is no limit to the number of different issues one can use the 8 sessions on.

The professionals at Optum EAP will help by assisting, advising, and recommending options to help you or your family members.

This service can help with many issues including conflicts at work, financial or legal assistance, depression, grief, marital or family concerns, stress, codependency, or drug and alcohol dependency.

Listed below are a few great highlights of the Optum EAP.

## CONFIDENTIALITY



All services through EAP are always private and confidential.

## VISITS PER ISSUE



8 sessions per issue. There is no limit to the number of different issues.

## IN-PERSON/VIRTUAL



In-person sessions or virtual visit sessions—providers can be searched and selected.

## FINANCIAL ASSIST



Free consultation sessions with a money coach including an Identity Theft: Fraud Resolution Program

## LEGAL ASSIST



Free 30 minute call with attorney plus discount on future services.

## DAILY LIVING



Get an extra hand with resources to help you thrive in your daily living.

## WILL GENERATOR



Online will creation tool. Other legal forms available at a discount.

## MOBILE APP



Access services on the go through the **myLiveandworkwell** mobile app.

## 24/7 ONLINE TOOLS



Log on to our member website to access an extensive topical library containing health and wellness articles, videos, archived webinars, child and elder care resources, and work/life balance resources. Access online tools by visiting:

[www.liveandworkwell.com](http://www.liveandworkwell.com)

Username: cob123

Password: cob123