



# How to access your EAP and WorkLife Services

Optum Employee Assistance Program (EAP) helps employees become more engaged, resilient, and productive.

## Here's how:

### 24/7 access

Toll-free access to master's-level employee assistance specialists who provide consultation, risk screening, advocacy, referrals and educational materials. Custom client phone numbers are available.

### Face-to-face counseling - 3 visits available (per incident per year)

A network of clinicians provides goal-oriented counseling.

### Legal counseling and mediation services

Free 30-minute telephonic or in-person consultation with a state-specific attorney or qualified mediator, per legal issue. Ongoing services are provided at 25 percent below the firm's current rates after the initial consultation.

### Expert financial coaching

Up to 60 minutes of free consultation with a credentialed financial specialist. Local community referrals to other financial guidance resources provided as needed.

### Virtual visits

Video EAP services in the privacy and comfort of the employee's location, providing convenience and accessibility. EAP-licensed telemental health providers are available in every state.

### WorkLife services

- Adult and elder-care support
- Child and family support
- Chronic illness and condition support
- Convenience services
- Educational resources

### Liveandworkwell.com

Our Web services are available in English and Spanish and contain tons of information!

**EAP phone number: (866) 374-6061**

**www.liveandworkwell.com access code: TALEND**