

Contact us anytime you need help with life's concerns.

Optum



Easy access to confidential help 24 hours a day.

There's no cost to call.



YOU,
supported

(866)374-6061

Or log on to liveandworkwell.com.

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

Contact your EAP and WorkLife Services for help with:

- Balancing work and life issues
- Childcare and eldercare referrals
- Counseling services
- Financial and legal advice, and more

**Real people.
Real life.
Real solutions.**

(866)374-6061

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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When other people's stress feels contagious



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YOU, supported

From listening to your child talk about being bullied to witnessing a traumatic event, secondhand stress can affect you too. If you're finding it hard to stay positive when tough things happen to others, your Employee Assistance Program (EAP) and WorkLife Services benefit offer confidential support for managing:

- Anxiety and depression
- Parenting and family issues
- Relationship problems
- Workplace changes
- Living with chronic conditions
- Substance use
- Childcare and eldercare support



What's a clinician?

A clinician may be a psychologist, psychiatrist or master's-level specialist trained in social work, nursing, professional counseling, or family and marriage therapy.

How does it work?

A specialist will listen to your needs and connect you to the appropriate resources, whether it's a counselor, mediator, clinician, lawyer or financial advisor. You can take advantage of short-term counseling, or get a referral for more extended care. And we'll try our best to accommodate any gender, language or cultural preferences.



Is EAP confidential?

Yes. All records are kept confidential in accordance with federal and state laws. We never share your personal records with your employer or anyone else without your permission.

How much does this cost?

As part of your benefits, EAP and WorkLife Services are available at no extra cost to you.

This includes referrals, seeing network providers, access to **liveandworkwell.com**, and initial consultations with mediators or financial and legal experts.

Want to retain a lawyer after your consultation? You'll get a 25% discount.

What other resources are available?

You and your family also have 24-hour private access to **liveandworkwell.com**. This interactive website offers tools and resources to help you enhance your work, health and life.

Any member of your household can use **liveandworkwell.com**, even children living away from home. On the site, you can:

- Check your benefits information
- Submit online service requests
- Search the online clinician directory
- Use our virtual help centers to find information and resources for hundreds of everyday work and life issues
- Access financial calculators, legal articles and other tools
- Search our databases for childcare, nursing homes and other local resources
- Participate in interactive, customizable self-improvement programs



Dedicated to making
your life easier

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need help with life's concerns.

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Access code: **sccsig**