



Losing a job, going through a divorce, getting into a car accident. We expect to be stressed by big, negative events. But sometimes everyday hassles build up to the point that they wear you down. Whether you're constantly worrying about work, relationship or money issues, your EAP and Behavioral Health Benefit offers confidential help and support for managing:

- Stress, anxiety and depression
- Relationship problems
- Parenting and family issues
- Child and eldercare support
- Financial and legal advice
- Dealing with domestic violence
- Substance use
- Eating disorders

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 much does this cost?

As part of your benefits, EAP services are available at no extra cost to you. This includes referrals, seeing in-network clinicians, 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 percent 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. On the site, you can:

- Check your benefit 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

Any member of your household can use liveandworkwell.com, even children living away from home.

Dedicated to making
your life easier.
There's no cost to call.

Easy access 24 hours
a day to confidential help.
There's no cost to call.

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.

Real people. Real life. Real solutions.

Your Employee Assistance Program and Behavioral Health Benefit

866-248-4094

Or log on to liveandworkwell.com
Access code: UHH

Live and work well:

- Child and eldercare referrals
- Counseling services
- Depression management
- Financial and legal advice
- And more

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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STRESS

— *only happens* —

DURING A CRISIS.

TRUE OR FALSE

FALSE.

Even little things can cause big-time stress.