



Life throwing too much at you?

Get support from the Optum® Employee Assistance Program (EAP) and WorkLife Services.

Sometimes even small things can become big things

Whether it's starting a family, planning for retirement or all the exciting things that happen in between, even good changes can add up to big-time stress. From dealing with everyday challenges to more serious issues, the EAP is here to help you and your family enjoy life's journey.

Call for confidential support to help manage:

- Stress, anxiety, grief or depression
- Family or relationship concerns
- Financial or legal worries
- Childcare and eldercare questions
- Alcohol, tobacco, gambling or drug problems
- And more

You and your household members can receive up to four free counseling sessions per issue per year. To get started, call **800-363-7190**. Specialists are available 24/7.

You can also visit **liveandworkwell.com** and use access code "American" to search for providers, find helpful resources and more.



Help is always just
a call away

800-363-7190, TTY 711
liveandworkwell.com

Access code: **American**

Available 24/7



Spend your time on what really matters

Need to hire a reliable electrician? Looking for child care while traveling? Wondering about transportation options for elderly parents? As part of your Health and Well-Being benefits, you have access to WorkLife Services, which does the research for you — saving you valuable time.

Here's how it works:

1. Call **800-363-7190** to speak with a WorkLife Services specialist who will assess your needs.
2. Your specialist will make calls to organizations to verify availability, cost, credentials and contact information.
3. You'll receive up to three verified referrals.
4. Your specialist will follow up to make sure you received the referrals and answer any questions.

Use WorkLife Services to get referrals for:

- Car or home repair services
- Pet-sitting or boarding services
- Childcare or eldercare services
- And much more



Here where you are

Optum also offers onsite EAP offices with counselors who can help you tackle work-life challenges, provide referrals, and offer expert advice and information.

Our onsite offices are located in:

- CLT
- DFW
- JFK
- LAX
- MIA
- ORD
- PHL
- PHX
- Tech Ops – Tulsa

To reach an onsite specialist, call **800-555-8810** and select the prompt for your location.



Confidential
in accordance
with the law



Support
for your entire
household



No additional cost
as part of your Health
and Well-Being benefits



24/7 access
over the phone
and online



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 a 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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