

EMPLOYEE ASSISTANCE PROGRAM



GET SUPPORT 24/7

When you need help with life's challenges — whether it's personal, financial or legal concerns — call the Medica® Optum® Employee Assistance Program. Master's-level counselors can help you find answers and resources to tackle the tough issues you and your family face.

With EAP, you have access to:

- Three in-person counseling sessions coverage at 100 percent.
- A 30-minute legal consultation at no cost (in person or over the phone). If you decide to use an attorney, you'll get a 25 percent discount.
- Financial advisor support to help with debt, financial planning, foreclosure and more.
- Child care referrals and support to help take care of elderly parents.
- Community resources.



MEMBER TIPS

Talk with an EAP counselor at
1-800-626-7944.

TTY users call 711.



EAP counselors are available anytime, 24 hours a day, 365 days a year.