

# YOU, supported

## 24/7 with your new Employee Assistance Program (EAP)



**Good news:** Starting July 1, 2023, through a partnership with **Optum**, we'll offer a new Employee Assistance Program (EAP).

Available 24/7 to all employees and household members, this program is being offered because Schools Insurance Authority is committed to providing our employees with the support they need to help make informed decisions about life and work issues.

Through the EAP, employees can easily connect with benefits, which include:

- Unlimited calls with master's-level counselors, plus up to 7 one-on-one sessions, in person or virtually.
- 24/7 confidential access to professional care, self-help programs and resources to help you deal with life's stresses such as depression or anxiety, childcare or eldercare, and legal or financial concerns on [liveandworkwell.com](https://liveandworkwell.com).

**Please know that all services are included as part of your benefits plan and are 100% confidential in accordance with the law.**

Look for an email coming soon that lists more details on these benefits and will connect you to your EAP.

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**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. Consult with your clinician for specific health care needs, treatment or medication. 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.

# NOT SURE WHERE TO START?



Connecting to care is easier than ever on [liveandworkwell.com](https://liveandworkwell.com). It's available around the clock, from the convenience of your desk or the comfort of your home. You'll find 24/7 confidential access to professional care, self-help programs and resources to help you deal with life's stresses such as depression or anxiety, childcare or eldercare, and legal or financial concerns.

- **Finding the right support just got easier.** Simply answer a few questions and we'll show you the top benefits and resources available for you, based on your needs. You can get support for yourself or a family member.
- **Get clear information about your benefits.** Learn what's covered and available to you to match your needs.
- **Set goals and improve your mental health.** Want to feel less stressed? Feeling isolated? Want to improve your relationships? Whatever your goals, getting connected to resources just got easier.
- **Connect with care quickly, on your own terms.** Learn about your options and choose what fits your lifestyle and needs. Therapists are available virtually.



Scan the QR code and log on to [liveandworkwell.com](https://liveandworkwell.com)  
To find the right support for you. Register with your HealthSafe ID or enter your company access code: **SIA**

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# SUPPORT WHEN YOU NEED IT

## NO APPOINTMENTS NECESSARY



Now you can get the extra support you need in a way that works for you. With Talkspace, you can reach out to a licensed, in-network Employee Assistance Program Provider, 24/7.

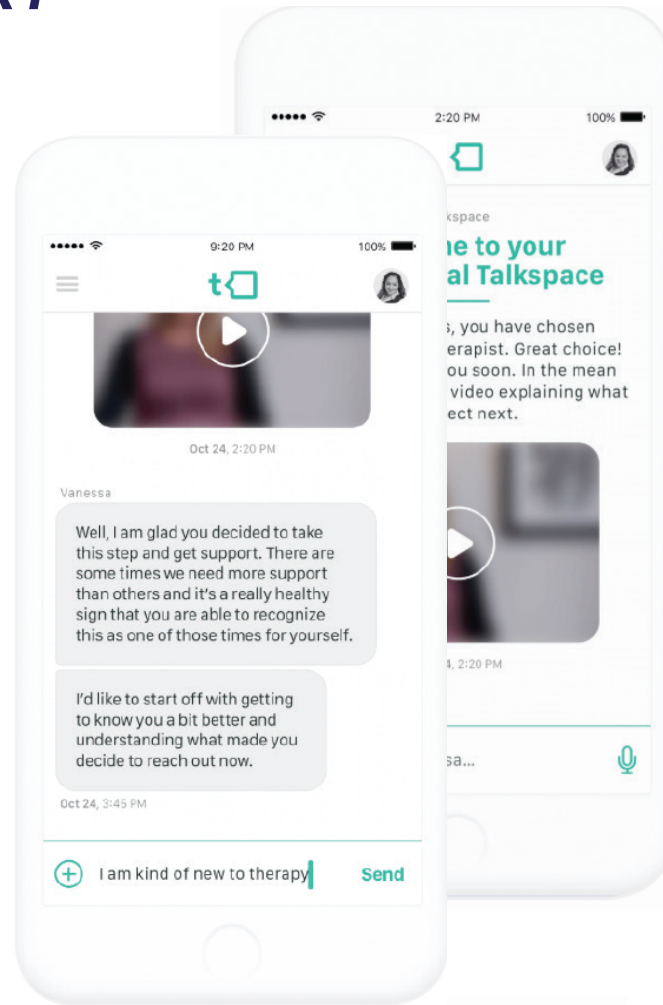
### Here's how Talkspace can fit your life:

- Access Talkspace anytime, anywhere.
- Find an EAP provider with an online matching tool.
- Start therapy within hours of choosing your EAP provider.
- Message your EAP provider whenever; no appointments necessary.
- Get messages back throughout the day, five days a week.
- Choose real-time face-to-face video visits by appointment, when needed.

To get started, call your Employee Assistance Program at 866-248-4096 to obtain an authorization code prior to registering (first visit only), choose a provider, and message anywhere, anytime. [talkspace.com/connect](https://talkspace.com/connect)

After you register, download the Talkspace app on your mobile phone. Talkspace is supported by Chrome, Firefox, Safari or Edge browsers on your desktop computer.

Talkspace is your space. To use in your time. It's private, secure, confidential and convenient. And it's covered under your Employee Assistance Program benefits as a participating provider.



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MESSAGING • VOICE • VIDEO • PHOTO



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# WHEN YOU HAVE A LONG LIST OF STRESSORS AND A LONGER LIST OF TO-DOS



No matter how you're feeling, you put on a good face for others. But when you're going through something tough, you don't have to deal with it alone. Your Employee Assistance Program (EAP) is available to help with all of life's concerns — big and small.

**When life is throwing a lot at you, connect with someone who can help.**

Experienced consultants are available 24/7 for support, guidance, and resources to help you navigate:

- Relationship problems
- Workplace conflicts and changes
- Parenting and family issues
- Stress, anxiety and depression
- Eldercare support
- Legal and financial concerns

Scan the QR code or visit [liveandworkwell.com](https://liveandworkwell.com).

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



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