

Medica[®] Optum[®] Emotional Wellbeing Solutions

Employee Assistance Program (EAP)



Get the support you need in the moments that matter.

Our employee assistance program is here for you through life's challenges. You can get answers and resources to tackle the tough issues and life stressors you and your family face. Get 24/7 support from trained professionals at no extra cost. It's all part of your employee benefit plan.

- Get counseling sessions, either in-person or virtually, (five sessions per issue, per year) at no extra cost.
- Get a free 30-minute legal consultation and 25% off if you decide to work with a lawyer. Get help with child support, divorce, adoption, wills and trusts, and more.
- Talk with a financial advisor about debt, saving money, foreclosure, and more.
- Care for children or elderly parents with support and second opinions.
- Find online resources to help with everyday work and life challenges at **LiveAndWorkWell.com**. Use the access code "MEDICA".
- Get help with issues like tobacco, gambling, or drugs.
- Brighten your future with education tools and help finding a job.



Have questions? We're here to help.

Talk with a specialist, 24/7, at **1 (800) 626-7944** (TTY: **711**). Your call and conversations with specialists are kept confidential, in accordance with the law.

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. 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.