

Simple and straightforward answers.

Caring and confidential guidance.

Individual and family support.



It's all available by phone or online, at no cost to you. Lean on your Employee Assistance Program anytime.



Connect with your Employee Assistance Program.

24/7. Confidential. No cost to you.

Call for personal support.

1-866-248-4094

Or log in to [Liveandworkwell.com](https://liveandworkwell.com) for online support.

Access code: pfisd

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest ambulatory and emergency room facility. 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 all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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A close-up photograph of a woman with long, wavy brown hair, wearing a light blue button-down shirt. She is looking directly at the camera with a calm, steady expression. The background is a teal color with a geometric pattern of triangles.

Calm, cool and collected on the outside.

Inside is another story.

When you're dealing with the pressures of everyday life, it's easy to put yourself second.

You put on a good face, hiding the true emotions you're feeling.

In those moments, your Employee Assistance Program is available for help. It's a personal support service with experienced consultants trained to give you support, guidance and resources to navigate your unique situation. The consultant you speak to will listen to your needs and connect you to the appropriate resources.



**For any emotion.
For any concern.
You have support.**

Your Employee Assistance Program is here to help you and your family navigate life's challenges. Any member of your household, including children living away from home, can access the interactive website or contact a consultant. We're ready to provide guidance for small questions and big problems so you can focus on the important things.

**Help is available over the
phone or online, anytime.**

Our team of experienced consultants is available by phone or online 24/7 to provide help with a range of life concerns and stressors, including:

- ▶ **Relationship problems**
- ▶ **Workplace conflicts and changes**
- ▶ **Parenting and family issues**
- ▶ **Stress, anxiety and depression**
- ▶ **Elder care support**
- ▶ **Legal and financial concerns**

When you speak to a consultant, you'll receive immediate help or be directed to one of our network providers. EAP provides up to 3 sessions with an experienced consultant for each issue or problem at no cost to you, and the benefit renews each calendar year. All conversations are confidential, and we never share your personal records with your employer or anyone else without your permission.



**We're here to help you and
your family get the most out
of life.**

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Assistance Program.**

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