

# 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.

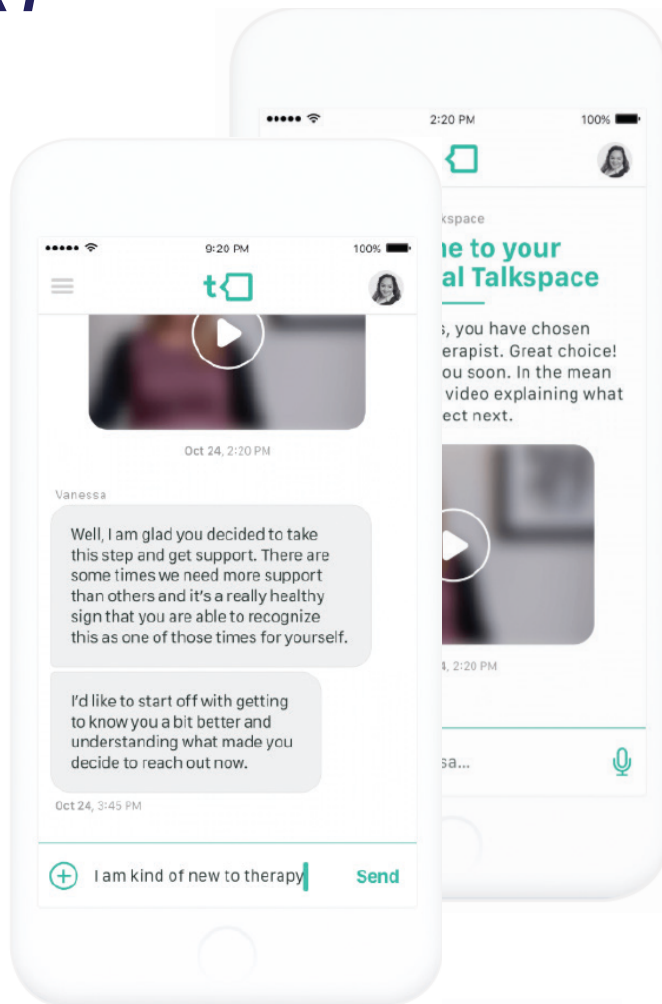
### Here's how Talkspace can fit your life:

- 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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# MORE INFORMATION ABOUT WHAT'S AVAILABLE TO YOU

## Counseling

EAP provides up to 3 sessions with an experienced provider for each issue or problem at no cost to you, and the benefit renews each year. All conversations are confidential and are not shared with your employer.

To access this benefit, call or sign in to [liveandworkwell.com](https://liveandworkwell.com) and request your activation code.

## Financial Coaching From Experts

Receive 30–60 minutes of telephonic consultations per issue, per year with an experienced, credentialed financial coach to address a wide array of concerns including budget management, college funding, debt reduction, estate planning, retirement planning, bankruptcy and more.

## Legal Counseling and Mediation Services

EAP provides a no-cost 30-minute telephonic or in-person attorney consultation to assist with legal issues such as document preparation, deeds, IRS matters, living wills, power of attorney, separation and divorce, trusts, and more. Receive a 25% discount on continuing services.

## Digital Support Tools

Visit [liveandworkwell.com](https://liveandworkwell.com) for 24/7 confidential access to professional care, self-help programs and resources specific to your needs. Get clear information about your benefits and what's available to you.

You can also download the Optum Assist mobile app from the App Store or Google Play. Log in with your company access code: **WISE**



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## 866-248-4096

or sign in to

[liveandworkwell.com](https://liveandworkwell.com)

Register with your  
HealthSafe ID or enter your  
company access code:

**WISE**



**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.