

# Optum

## Emotional Wellbeing Solutions

Support for what matters to you

### Welcome !



# Welcome

Today we'll cover:

- 1 The variety of ways Emotional Wellbeing Solutions can help
- 2 Confidential member resources
- 3 Digital Support
- 4 Support for HR and managers
- 5 Additional Resources and information



# Emotional Wellbeing Solutions

## In-the-moment support for everyday life

Emotional Wellbeing Solutions is a modern, flexible employee assistance program that offers support for any emotion or concern.

It's confidential and available at no cost to you, your family and members of your household.

As part of your benefit, you can receive **5** confidential counseling visits in person or virtually with a network provider at no cost.

### To connect 24/7, you can:



Call **1-888-625-4809** to speak with a specialist who can connect you to resources that can help



Visit **liveandworkwell.com** and register with your HealthSafe® ID or enter your company access code: **VEBA**



# How Emotional Wellbeing Solutions can help

Feeling stressed about any work situations?

Having trouble sleeping due to money worries?

Wondering why your teenager is acting out?

Thinking you may need a lawyer to resolve an issue with your landlord?



**Emotional Wellbeing Solutions can connect you to support to help with all these situations — and more.**

# No-cost counseling sessions

## Meet in person or virtually

As part of your benefit, you can receive confidential counseling visits in person or virtually with a network provider at no cost.

### Get help for:



Relationship problems



Eldercare support



Workplace conflicts and changes



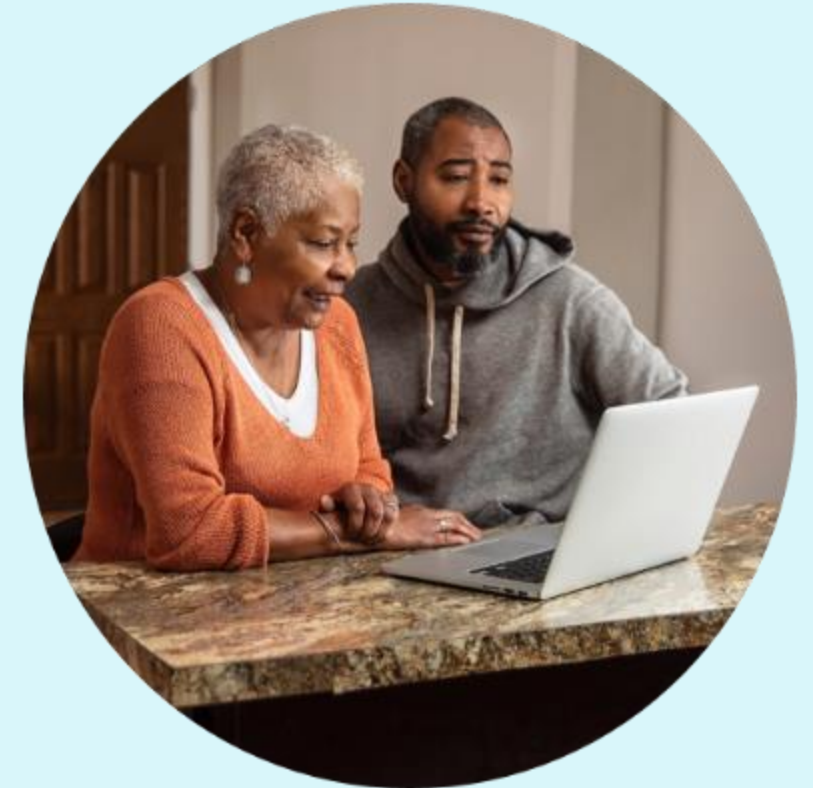
Legal and financial concerns



Parenting and family issues



Stress, anxiety and depression



Call or sign in to [liveandworkwell.com](https://liveandworkwell.com).



Register with your HealthSafe® ID or enter your company access code. **VEBA**

# Dedicated Workplace Support

## Virtual or onsite workplace consults

Get confidential support by visiting with a Dedicated Workplace Solutions consultant at no cost to you. Located at the VEBA Resource Center at Kearny Mesa



### **Mackenzie Hudson**

Mackenzie Hudson, LCSW, has over 10 years of clinical experience helping people navigate complex issues as a mental health professional. Mackenzie utilizes a holistic approach to help clients identify barriers to their well-being in order to develop a solution-focused care plan that is right for them. **(763) 349-7154**



### **Crystal Powers**

Crystal Powers is a Licensed Marriage and Family Therapist with over 18 years of experience working in a variety of clinical settings. Crystal utilizes a client centered, solution focused approach to assist people in developing tools to address common mental health concerns such as anxiety, depression, relationship issues, and stress. **(952) 687-3644**

To schedule a consult visit:

[Onsite EAP Scheduling portal announcement email new customers](#)

### **Get help with:**

- Achieving an ideal work-life balance
- Handling parenting and family concerns
- Dealing with relationship issues
- Managing stress
- Setting achievable goals

# Live and Work Well ([www.liveandworkwell.com](http://www.liveandworkwell.com)) or download the Optum Assist app

## Your benefits portal

Sign in to **liveandworkwell.com** anytime, anywhere to get the support you need.

At the site, you can also:



Find expert care



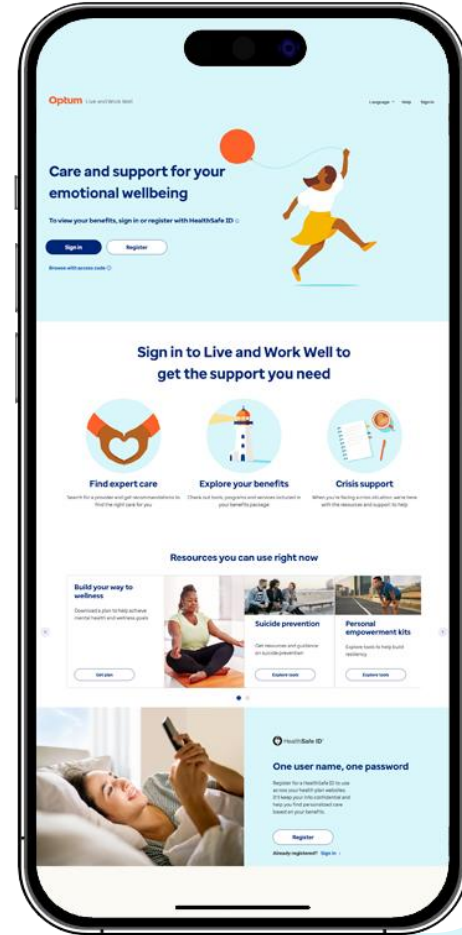
Learn about wellbeing



Explore your benefits



Get recommended care options



To get started, register with your HealthSafe® ID or enter your company access code. **VEBA**



## Emotional Wellbeing Solutions Eligibility



- ✓ **Employee (Member)**
- ✓ **Dependent Children**
- ✓ **Student**
- ✓ **Spouse/domestic partner**
- ✓ **Household members**

## What to expect when you call

- An EAP specialist with a master's degree in a mental health profession will answer your call.
- You can explain why you are calling. The specialist will ask questions, too.
- You and the specialist will discuss your options and where and how you can find support.
- The specialist may send you information by email or help you find reliable information and resources on [liveandworkwell.com](https://liveandworkwell.com).
- The specialist can also help you find a clinician for face-to-face counseling.



# Thank you



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**EAP 24/7/365 Toll-Free Line**

**888-625-4809**

**[www.liveandworkwell.com](http://www.liveandworkwell.com) – Access Code: VEBA**

**[www.optumwellbeing.com](http://www.optumwellbeing.com) – Access Code: VEBA**

**Dedicated Workplace Consultant**

**[Onsite EAP Scheduling portal announcement email new customers](#)**

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