

# 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**

**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.

# MORE INFORMATION ABOUT WHAT'S AVAILABLE TO YOU

## Counseling

EAP provides up to 7 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: **SIA**





**SIA for Kids**  
SCHOOLS IN PARTNERSHIP

**866-248-4096**  
or sign in to  
[liveandworkwell.com](https://liveandworkwell.com)

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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

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