



What's included in your EAP and WorkLife Services

Your Optum Employee Assistance Program (EAP) is dedicated to making your life easier. Here's how:

24/7 access

Toll-free access to master's-level employee assistance specialists who provide consultation, risk screening, advocacy, referrals and educational materials.

Online EAP clinician visit certification

You can request and receive EAP clinician visit certification immediately through the website for routine, outpatient care.

Face-to-face counseling

3 visits available per event per year. A network of clinicians — part of our larger network of 150,000 clinicians — provides goal-oriented counseling.

Legal counseling and mediation services

Free 30-minute telephonic or in-person consultation with a state-specific attorney or qualified mediator, per separate legal issue, via a national network of more than 22,000 attorneys and 630 professional mediators. Ongoing services are provided at 25 percent below the firm's current rates after the initial consultation.

Expert financial coaching

Up to 60 minutes of free consultation (provided in 30-minute increments) with a credentialed financial coach for each financial issue. Access to extensive legal and financial tools and library to take control of your finances.

Virtual Visits

HIPAA-compliant technology delivers video EAP services in the privacy and comfort of your home or wherever you choose, providing convenience and accessibility. EAP-licensed telemental health providers are available in every state.

Talkspace

Support when you need it —no appointments necessary. With Talkspace, you can reach out to a licensed, in-network Employee Assistance Program Provider, 24/7. To get started, call your Employee Assistance Program to obtain an authorization code.

Sanvello

The Sanvello app is available to you at no extra cost as part of your Employee Assistance Program benefits. Sanvello offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Visit LiveandWorkWell.com and select the Sanvello tile under Popular tools to download the Sanvello app.

Liveandworkwell.com

Our Web services are available in English and Spanish and contain self-help information, searchable resource databases/directories, video programs, personal empowerment programs, and thousands of articles on our website, liveandworkwell.com.



EAP Phone #1-877-225-2267

www.liveandworkwell.com

Access Code: Redwoodelectrical

WorkLife Services:



Adult and elder-care support

- Adult day care programs
- Financial and legal issues
- Grief/Loss
- In-home/Nursing care options
- Retirement planning



Child and family support

- Adoption resources
- Childcare options
- Day/Summer camps
- Emergency/Sick-child care
- Parent/Family support groups



Chronic illness and condition support

- Affordable housing resources
- Assistive technology
- Care-giving services
- Meal and transportation resources
- Respite services



Convenience services

- Car and home repair and maintenance
- Pet services
- Shopping, dining and recreation recommendations
- Traveling needs (business and leisure)



Educational resources

- Adult education classes
- Career consulting
- Home schooling
- Individual educational plans
- School and college recommendations



EAP and WorkLife Services Phone #

[Liveandworkwell.com](https://liveandworkwell.com) access code



11000 Optum Circle, Eden Prairie, MN 55344

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