



Your Well-Being is What Matters Most!

Employee Assistance Programs offer access to a wide range of health and well-being information 7 days a week, 24 hours a day. Using one toll-free phone number, you can speak with registered nurses and master’s-level counselors who can help with almost any problem ranging from medical and family matters to personal legal, financial and emotional needs.



- ✓ **Mental Health**
- ✓ **Minor injuries**
- ✓ **Stress and anxiety**
- ✓ **Relationship worries**
- ✓ **Coping with grief and loss**
- ✓ **Questions to ask your doctor**
- ✓ **Personal legal concerns**
- ✓ **Prevention**
- ✓ **Self-care information**
- ✓ **Help finding a doctor**
- ✓ **Information on medications**
- ✓ **General health information**

EAP (Employee Assistance Program)

Available to **ALL** Employees!

Call: 1.877.660.3806

If you are NOT on one of our UHC Core, Basic or Buy-Up Plans, you may need to mention account #523893

OR

Visit liveandworkwell.com

Create an account or enter anonymously using access code: **FP3EAP**

Optum CoVid-19 Public Crisis Line is a toll free emotional support help line offered 24/7 (866) 342-6892