



Your Employee Assistance Program (EAP) and WorkLife Services are available to you at no extra cost as part of your benefits. This includes **24/7 access** to EAP over the phone and online. You can call to speak with master's-level employee assistance specialists who provide consultation, risk screening, advocacy, referrals and educational materials. Or you can use our web services, which are available in English and Spanish. Search self-help information, resource databases/directories, video programs, personal empowerment programs and thousands of articles online at **liveandworkwell.com**.

To find the right support for you, register with your HealthSafe ID or enter your company access code: **VEBA**



More information about what's available to you

EAP services:

Face-to-face counseling

5 visits available per event per year. A

Talkspace

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

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.



888-625-4809

Enter your company access code: **VEBA**

This program is not a substitute for a doctor's or professional's care. 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.