Virtual visits connect you to care in the comfort of your home

Get support and treatment from clinicians for mental health issues, such as depression and anxiety, with online virtual visits through your Employee Assistance Program (EAP/Worklife). Virtual visits use secure video conferencing apps, and all therapists are part of the Optum provider network.

Virtual visits offer you:
- Confidential appointments that work with your lifestyle
- A network of therapists in all 50 states
- The care you need sooner, in the comfort of your own home

To get started:
2. From the home page, select “Get your no-cost counseling visits”
3. You’ll receive a confirmation letter that verifies your coverage. Just show it to your provider before or during your next visit.

You supported

You may need an authorization before setting up your appointment. When you search for a therapist for your virtual visit, look for the “Get your code” button or call your (EAP/Worklife) at 866-248-4096.

8,500+ Providers | Confidential | Virtual visits

2. As per state telehealth rules and regulations.

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. 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 is subject to change. Coverage exclusions and limitations may apply.

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