



When you're not sure where to start

Liveandworkwell.com is 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 specific to your needs – whether you're dealing with a temporary life challenge, seeking support for stress and anxiety, or dealing with substance use.

- **Find the right support for you.** 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.

Support for everyday life



Scan the QR code and sign in to **liveandworkwell.com**.

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

Optum Emotional Wellbeing Solutions is known as Employee Assistance Program (EAP) in California.

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 are subject to change. Coverage exclusions and limitations may apply. Stock photo. Posed by model.