



**YOU**  
**supported.**

## 24/7 with your new Employee Assistance Program EAP

**Good news:** Starting December 1st, through a partnership with Optum, we'll offer a new Employee Assistance Program EAP.

Available 24/7 to all employees and household members, this program is being offered as is committed to providing our employees with the support they need to help make informed decisions about life and work issues.

Through the EAP, employees can easily connect with benefits, which include:

- Unlimited calls with master's-level counselors plus up to **five** one-on-one sessions, in person or virtually
- 24/7 confidential access to professional care, self-help programs and resources to help you deal with life's stresses such as depression or anxiety, stress, marital, legal or financial concerns on **liveandworkwell.com**

**Please know that all services are included as part of your benefits plan and are 100% confidential in accordance with the law.**

Look for more information coming soon.