



# Your EAP benefit

## Well-being for work and life

The challenges you face each day can overwhelm you. Your home life, your happiness and your performance at work all can suffer.

We can help. Your Employee Assistance Program (EAP) provides confidential support for those everyday challenges, and for more serious problems. It's available around the clock anytime you need it.

### What can my EAP do for me?

You may be struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. Your benefit offers assistance and support for all these concerns and more:

- ▶ Depression, stress and anxiety
- ▶ Relationship difficulties
- ▶ Financial and legal advice
- ▶ Parenting and family problems
- ▶ Child and elder care support
- ▶ Dealing with domestic violence
- ▶ Substance abuse and recovery
- ▶ Eating disorders

From short-term counseling services and referrals to more extended care, your EAP benefit offers just what you need. To find out more, give us a call or visit [www.liveandworkwell.com](http://www.liveandworkwell.com).



We're here to help you and your family with a wide range of personal and work-related needs.

Call the toll-free number on the back of your health plan ID card or log on to [www.liveandworkwell.com](http://www.liveandworkwell.com)

Or visit [myuhc.com](http://myuhc.com)<sup>®</sup>, select "Benefits & Coverage," and click the "Mental Health and Substance Abuse" link

## How does it work?

Accessing your EAP benefit is easy and available 24 hours a day. Simply call the toll-free number on the back of your health plan ID card or log on to [www.liveandworkwell.com](http://www.liveandworkwell.com). A specialist will help you identify the nature of your problem and the appropriate resources to address it. If you need financial or legal services, we will refer you to an expert in that field. If you want to see a clinician, we'll match you with one in our network who has the appropriate experience to help.

## Connecting online

For 24-hour, confidential access to your EAP benefits and tools to help you enhance your work, health and life, simply visit [www.liveandworkwell.com](http://www.liveandworkwell.com). You can check your benefit information and submit online requests for services, search our online directory of clinicians, access information and resources for hundreds of everyday work and life issues in one of our many virtual help centers, and participate in interactive, customizable self-improvement programs. Any member of your household may access these online services, including dependents living away from home.

## How much will this benefit cost?

There's no charge for referrals or seeing a network clinician for EAP counseling. Additional services may require pre-authorization and/or a copayment, and there may be a deductible. If you'd like to speak with an expert for financial or legal assistance or for mediation, there's no cost for the initial consultation. Subsequent legal assistance is available at a 25 percent discount. Access to [www.liveandworkwell.com](http://www.liveandworkwell.com) is always no cost to you. For more information, please refer to your employer-provided benefit information.

## Are services confidential?

We'll never share your personal records with your employer or anyone else without your permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.



**No cost to you.  
Confidential.  
All day, every day.**

Your EAP benefit.

Call anytime for help  
with the demands of  
everyday life.

**In an emergency, the first concern is your health. Call 911  
or get to an emergency room as soon as possible.**

