

## When you have a long list of stressors – and a longer list of to-dos



When you're dealing with the pressures of everyday life, it can be easy to simply smile and say, "I'm fine." But sometimes, emotions like stress, sadness or even anger can linger.

In those moments, Emotional Wellbeing Solutions is here for you. It's a modern and flexible employee assistance program (EAP) that, together with WorkLife Services, offers support for everyday life. Call Emotional Wellbeing Solutions 24/7 to talk about what's on your mind and connect with resources that can help. Skip the search when you need childcare, home repairs, eldercare or other resources in your community, and let WorkLife Services provide a vetted list. Or find helpful articles, videos and tools online. These services are available at no extra cost to all members of your household, including children living away from home.

## Support for everyday life



To learn more, scan the QR code or visit [liveandworkwell.com](https://liveandworkwell.com).

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

# More information about what's available to you

## Emotional Wellbeing Solutions:

### Face-to-face counseling

8 counseling visits either in person or virtually with a provider in our large network – at no cost.

### Financial coaching from experts

Up to 60 minutes of free consultation (provided in 30-minute increments) with a credentialed financial coach for each financial issue. Access to extensive legal and financial tools and libraries to help you take control of your finances.

### Legal counseling and mediation services

No-cost 30-minute telephonic or in-person consultation with a state-specific attorney or qualified mediator per separate legal issue. Ongoing services are provided at 25% below the firm's current rates after the initial consultation.

### Digital self-care tools

Visit [liveandworkwell.com](https://liveandworkwell.com) to access our digital suite of tools and resources. Discover the solutions and clinical techniques that best fit your needs to help manage stress, anxiety and other concerns all in one convenient location.

### Virtual Visits

HIPAA-compliant technology delivers video services in the privacy and comfort of your home or wherever you choose, providing convenience and accessibility. Licensed telemental health providers are available in every state.



# WorkLife Services:

## Adult care and eldercare support

- Grief/loss
- Retirement planning
- Adult daycare programs
- Financial and legal issues
- In-home/nurse care options

## Child and family support

- Childcare options
- Adoption resources
- Day/summer camps
- Emergency/sick-child care
- Parent/family support groups

## Chronic illness and condition support

- Respite services
- Caregiving services
- Assistive technology
- Affordable-housing resources
- Meal and transportation resources

## Convenience services

- Pet services
- Traveling needs (business and leisure)
- Car and home repair and maintenance
- Shopping, dining and recreation recommendations

## Educational resources

- Homeschooling
- Career consulting
- Adult education classes
- Individual educational plans
- School and college recommendations



Call

**866-248-4096**

Visit

**liveandworkwell.com.**

Enter your company access code: CONGA

**24/7  
availability**

**Confidential**

**No cost  
to you**

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 photos. Posed by models.