

Get support with no travel required



Get confidential consultations in your workplace or virtually at no cost to you. A convenient way to connect with Emotional Wellbeing Solutions, a modern, flexible employee assistance program (EAP). Consultations may include referrals for assistance or coaching on topics such as:

- Work-life balance
- Parenting and family concerns
- Stress management
- Relationship issues
- Setting achievable goals

A Dedicated Workplace Solutions Consultant provides:

Support when you need it

Consultants provide assistance for a variety of issues from work-life balance to communication strategies and beyond.

Getting you connected

Easy access to referrals for other services available to you.

Quick and easy scheduling

Call, email or scan the QR code to schedule your confidential session.

Contact Info:
952.251.3112
Monet_Goldman@Optum.com

Support for everyday life

To learn more about your Emotional Wellbeing Solutions benefits, visit liveandworkwell.com.

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



24/7 availability | **Confidential** | **No cost to you**

****Confidential in accordance with the applicable law.

In California, Emotional Wellbeing Solutions is known as Employee Assistance Program (EAP) and Dedicated Workplace Support is known as Onsite EAP.

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.