Your EAP and WorkLife Services Benefit

Call anytime for help with the demands of everyday life.

Contact us anytime you need help with any of life’s concerns.

(866) 248-4105
(800) 842-9489 TDD/TTY
or log on to www.liveandworkwell.com
access code: 61570

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

• Counseling Services
• Child and Elder Care Referrals
• Financial and Legal Advice
• Balancing Work and Life Issues ...and more

How Much Will This Benefit Cost?

There’s no charge for referrals, or for seeing a clinician within our network. If you’d like to speak with an expert for financial or legal assistance or for legal mediation, there’s no cost for the initial consultation. Subsequent legal assistance is available at a 25 percent discount. Access to liveandworkwell.com is always free. 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.

Well-being for Work and Life

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What Can My EAP and WorkLife Services Benefit 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 EAP and WorkLife Service Benefit offers assistance and support for all these concerns and more:

- Depression, anxiety and stress
- Substance abuse
- Relationship problems
- Workplace conflicts
- Parenting and family issues
- Living with chronic conditions
- Child and elder care support

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

How Do I Get Started?

Accessing your EAP and WorkLife Services Benefit is easy and available 24 hours a day. Simply call the toll-free number on this brochure.

What Will Happen When I Call?

A specialist will ask you a few questions to help 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. We will work to satisfy your preferences with respect to gender and language/cultural requirements.

Can I Access Services Online?

Yes. liveandworkwell.com is an interactive Web site that provides access to your benefits and tools to help you enhance your work, health and life.

You can:

- Check your benefits 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.
- Participate in interactive, customizable self-improvement programs.

Any member of your household may access these online services, including dependents living away from home.