

Optum



**State of Indiana
Employee Assistance Program**

800-886-9747

Employee Assistance Program | Started 1.1.22

Confidential support is available:

- 8 face-to-face or virtual visits per member, per issue per year
 - State of Indiana employees and their household members are eligible regardless of medical plan enrollment
- Legal Services
- Mediation Services
- Financial Services

Benefits:

- 24/7/365 access to Employee Assistance Specialists
- Unlimited telephonic solution-focused consultation, and educational resources
- Personalized referrals to network clinicians
- Referrals to community resources
- Talkspace and Self Care Program

How Can Employees Contact EAP?



Call us anytime:
1-800-886-9747



Visit:
[Liveandworkwell.com](https://www.liveandworkwell.com)



Access code:
Indiana

Empowering you and your family

Contact your EAP

Call us any time:

1-800-886-9747

Visit

Liveandworkwell.com

Access code: Indiana

Your Employee Assistance Program offers support for:

- Overcoming challenges at home or at work
- Navigating life's changes
- Reaching your goals and living your best life

Confidential EAP support is available:

- At no cost to you
- By phone, online and face-to-face
- 24/7 by phone and online

Get help for almost any issue

- Alcohol and drug misuse, including co-dependency
- Anxiety, sadness, depression, grief and loss
- Child and parenting support services
- Family and parenting issues, relationship problems
- Financial consultation
- Legal consultation
- Life changes and personal crises
- Life learning educational support services
- Mediation services
- Stress related to work or personal issues

Your EAP is here to help you manage life's changes, in good times and during times of challenge. Call us, whether you're struggling with grief, starting a new job or just need to sort through your feelings.

Consultation

Up to 8 Face-to-Face sessions with a Network EAP masters level specialist:

- Get expert guidance on managing almost any challenge affecting your well-being
- Specialists listen and help identify issues, barriers, and ways to overcome them
- No appointment necessary
- Available 24/7 by phone
- Explore other employer-sponsored benefits available to you
- Guide to online tools and resources on [liveandworkwell.com](https://www.liveandworkwell.com)

Our specialists can help immediately with issues in your family, relationships and workplace, or if you are dealing with grief or loss. Licensed mental health professionals are also available by phone right away.



Website services: liveandworkwell.com

Self-help programs and tools

- Cognitive therapy-based programs
- Therapeutic journaling
- Self-assessments with immediate feedback
- Quick-search databases
- Financial tools and legal templates

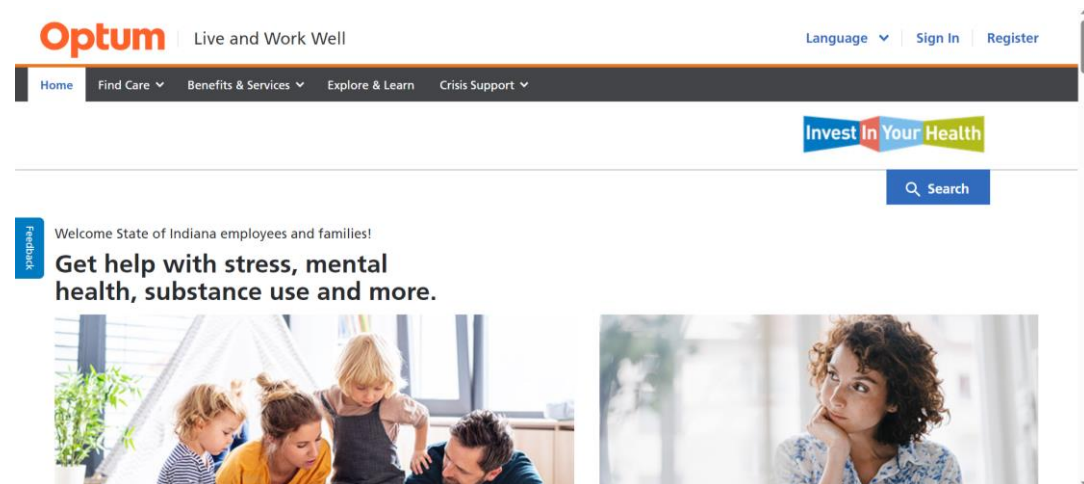
Educational information

- More than 5,000 Articles, Discussion boards, Webinars & newsletters in English and Spanish
- Kid and teen wellness-related tools, articles, stories, movies and games

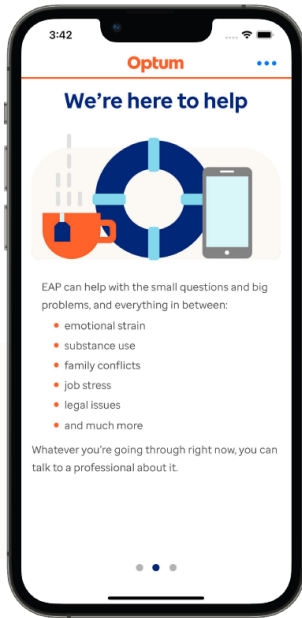
Access to professional services

- Clinician search tool (web and mobile)
- Benefit coverage toolkit
- Legal and financial consultation

Create a HealthSafe ID to obtain plan specific information and/or your authorization code.



Optum Assist Mobile App



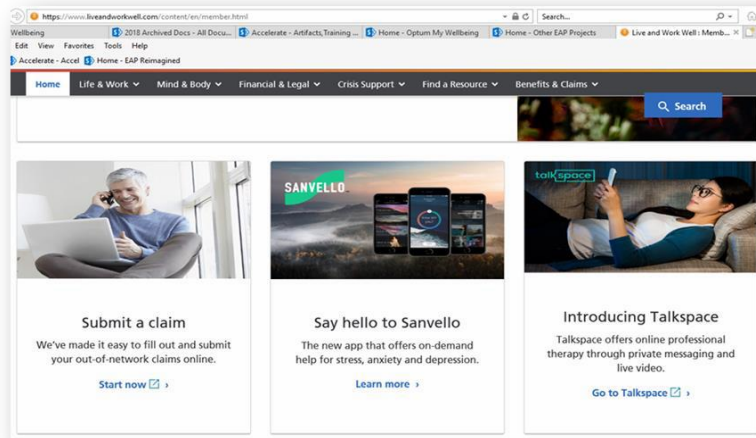
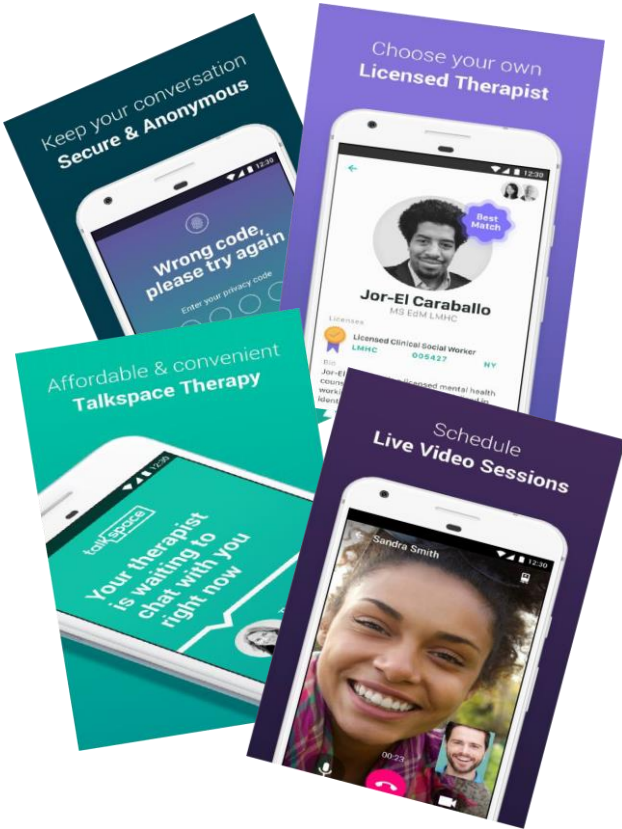
Download Optum Assist today.

Life happens 24/7, and with the Optum Assist app, support is available for every moment. Use it to:

- Learn about your Employee Assistance Program (EAP)
- Talk with an EAP specialist
- Get 8 no-cost counseling sessions per issue, per year
- Find a provider and schedule an appointment
- Access videos and articles about anxiety, caregiving, parenting, relationships, depression and more

Talkspace

A contracted provider which gives members the option to communicate with a licensed, master-level or higher EAP Providers via text, voice or video message from their smartphone or desktop.



Key Features:

- Thousands of licensed therapists across all 50 states
- Digital provider matching tool
- Send text, audio and video messages and receive responses daily, 5 days per week
- Schedule real-time video sessions as needed
- Ability to begin therapy within hours of selecting a provider, no appointment needed

How Members Access:

- Contact EAP to obtain Authorization
- Go to Talkspace on employer's specific landing page on LAWW to get started
- Accessible via desktop or the app
- App downloadable via the App Store and Google Play

Self Care by AbleTo

On-demand help for stress, anxiety and depression

Features:

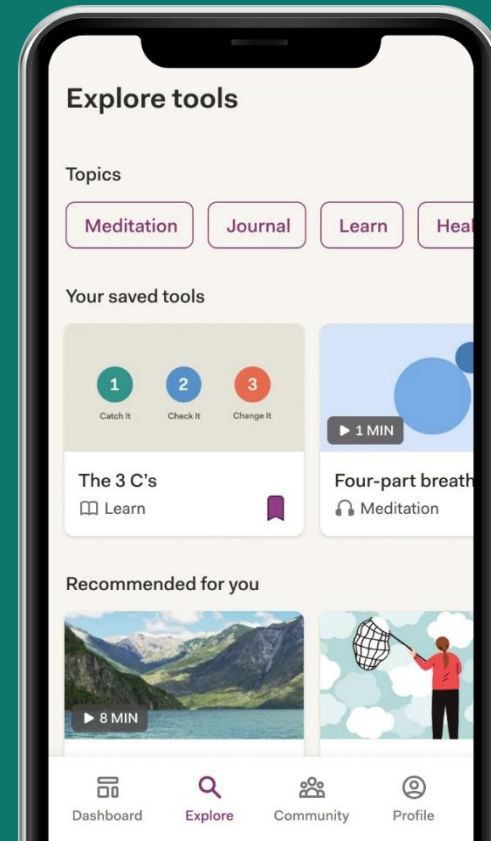
- 24/7 self-paced digital program with no out-of-pocket member costs
- Industry recognized clinical assessments help users track behaviors over time (PHQ-9, GAD-7, WHO-5)
- Evidence-informed mental health support, including assessments, trackers, mental health skills and tools, collections and communities



Measurable outcomes: Symptoms of depression, anxiety and stress improved for individuals using our self care app¹

Provided by AbleTo:

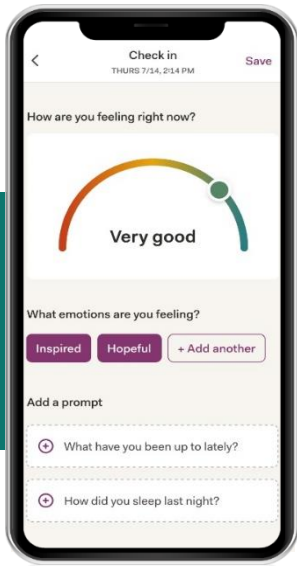
1. Based on 2021 Sanvello participants from national client that opted into self care only, had above normal DASS symptom scores and completed the symptom assessment at least twice.
2. AbleTo Apple app store rating accessed June 2022.



Available via app or web experience on mobile device, tablet or computer

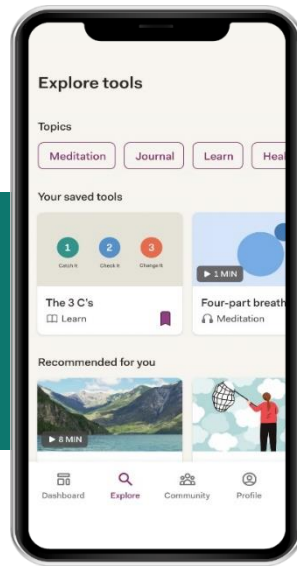
4.5/5-star rating on the Apple app Store²

Self Care by AbleTo | Four Types of Support



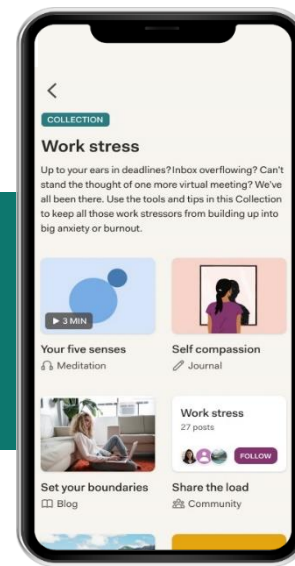
Assessments and tracking

Mood tracking and assessments help members understand their emotional state, track progress and access focused content, tools and support.



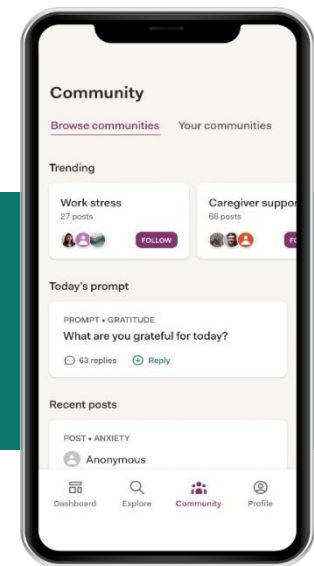
Mental health skills and tools

Clinical tools and techniques help members learn and practice evidence-based mental health tactics to build long-term life skills.



Collections

Topical content helps members learn and apply skills relevant to specific needs or situations.



Community

Structured chats and message boards invite peer-to-peer discussions and allow users to connect and learn from one another.*

*Community will launch later in 2023

Legal services

Access to licensed state-specific attorneys

- One 30-minute telephonic or in-person consultation per issue per year at no cost to you*
- Ongoing representation by an attorney at a 25% discounted rate



- Consumer issues
- Criminal matters
- Deeds
- Document preparation
- IRS matters
- Living wills
- Power of attorney
- Probate
- Real estate services
- Separation and divorce
- State-specific will
- Traffic matters
- Trusts

*Some exceptions apply. Cannot be used for a second opinion or for issues with an employer, health insurer or health care provider.

Mediation services

Access to professional mediators

- One 30-minute telephonic or in-person consultation per issue per year at no cost to you
- Ongoing representation by a mediator at a 25% discounted rate



- Child custody
- Collections
- Consumer disputes
- Contractual disputes
- Estate settlement
- Family disputes
- Landlord/tenant disputes
- Real estate
- Separation and divorce
- Small-claims matters

Financial services

Access to credentialed financial professionals

One telephonic consultation (30 to 60 minutes in length) per issue per year



- Bankruptcy
- Budget management
- College funding
- Debt reduction
- Estate planning
- Investment plans
- IRAs
- Retirement planning
- Taxes
- Wage garnishment

Q & A!

