Optum

Invest In Your Health

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, flexible employee assistance program (EAP) that offers support for everyday life. Call anytime to speak with an emotional wellbeing navigation specialist who'll listen to your needs and connect you with resources that can help. It's available to all members of your household, including children living away from home.

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

Support for everyday life

To learn more, scan the QR code or visit

supportfinder.optum.com/indiana

Sign in with an anonymous username.

Emotional Wellbeing Solutions is available 24/7 at no cost to you

This includes referrals, seeing network providers, initial consultations with mediators or financial and legal experts, and access to our digital experience, which will guide you through available benefits.

800-886-9747

Visit
supportfinder.optum.com/indiana

Sign in with an anonymous username.

Help is available over the phone or online, anytime

Emotional wellbeing navigation specialists are available by phone and live chat to provide help with a range of life concerns and stressors, including:

- Relationship problems
- Workplace conflicts and changes
- Parenting and family issues
- Caregiver support
- Stress, anxiety and depression
- Legal and financial concerns

You can also access eight coaching and counseling sessions either in person or virtually with a provider in our large network – at no cost. All conversations are confidential, and we never share your personal records with your employer or anyone else without your permission.

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.

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