

Help foster employee resilience and enhance productivity.



Your employees face all kinds of challenges, from finding reliable child care to more serious issues such as dealing with alcohol or opioid use. These issues can cause stress at home and distractions at work. Help prepare your employees for whatever life sends their way with support and resources available through the Employee Assistance Program (EAP).

Support that's available around the clock.

EAP can help all employees (not just those in crisis) by providing support 365 days a year through:

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Confidential consultations and counseling to help employees address grief or loss, as well as family, relationship and workplace concerns. Employees have unlimited, 24/7 access to EAP specialists who can provide in-person referrals to one of our 128,000 network clinicians nationwide.
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A digital engagement hub that features an extensive library of work-life resources, assessments, videos, mindfulness and resiliency tools, and more.
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Legal assistance and financial coaching: Employees can consult with attorneys and financial specialists at no initial cost, with discounted fees if they retain an attorney.
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myliveandworkwell mobile app and other resources that provide confidential, on-the-go access.

EAP results:

97%
say EAP helped them.¹

51%
decrease in fatigue.²

47%
decrease in days absent.²

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Additional support for those who support others.

EAP is also designed to provide support to your managers, supervisors and human resources staff with:

- **Management consultations** on topics such as work performance, employee coaching and dealing with difficult situations.
- **Employee training** on supporting employee health, well-being and engagement.
- **Critical incident response training** to handle traumatic events such as employee deaths, staff reductions and natural disasters.

Help employees achieve a better work-life balance.

As an optional addition to our EAP, **WorkLife Services*** provides referrals for more than 100 types of services. From finding a reliable plumber or pet sitter to locating a nearby eldercare facility, our work-life advisors respond to member requests with at least 3 verified referrals within 2 business days, saving your employees valuable time.

WorkLife Services results:²

90%

say that WorkLife Services helped them.

97%

report having less worry and stress.

Help your employees be more productive at work with support designed to help them deal more effectively with everyday concerns.



Contact your UnitedHealthcare representative for additional information.



* WorkLife Services available for an additional cost.

¹ UnitedHealth Group analysis, 2016 Optum[®] EAP satisfaction and outcome survey, Baker, 2017. Results shown are not a guarantee of future performance.

² UnitedHealth Group analysis, 2016 Optum EAP clinical and functional outcomes survey, Baker, 2017. Among those using our EAP.

The material provided through this program is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided is right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time.

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