

Onsite EAP Services - Now Available Telephonically



**Get support...
No travel required.**

Find support with Onsite EAP services. For a limited time, Onsite EAP services are being offered telephonically making it easier for you to get connected. Confidential consultations are available at no cost to you and may include referrals for assistance or coaching on topics such as:

- Work-life balance
- Parenting and family concerns
- Depression, anxiety and stress
- Legal or financial concerns
- Setting achievable goals

A convenient way to connect with EAP through Onsite EAP consultations



Support when you need it

Consultants provide assistance for a variety of issues including stress and resiliency tips during uncertain times.



Getting you connected

Easy access to referrals for other services available to you.



Quick and easy scheduling

Call or email to schedule your confidential session. To contact your Onsite, please call or e-mail:

Anna Couch
763-361-7289
annacouch@optum.com

Visit [LiveandWorkWell.com](https://www.liveandworkwell.com) to learn more about your EAP services and find available resources to help yourself and your loved ones. Sign in using your company access code: **WesternU**

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 is subject to change. Coverage exclusions and limitations may apply. Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.