



Calm and composed on the outside. Inside, you feel differently.

No matter how you're feeling, you put forth a happy appearance for others. But often, you're dealing with a range of emotions deep down. For those times, your Employee Assistance Programme is available to help. It's a personal support service that can assist you with a range of needs. With a little relief, the emotion that you show can be closer to how you really feel.

Connect with your Employee Assistance Programme.

24/7. Confidential. No cost to you.



When life is throwing a lot at you, connect with someone who can help.

Experienced consultants are available 24/7 for support, guidance and resources to help you navigate small questions and big problems related to a range of issues, including:

- ▶ Relationship problems
- ▶ Stress, anxiety and depression
- ▶ Workplace conflicts
- ▶ Elder care support
- ▶ Parenting and family issues
- ▶ Legal and financial concerns

We're here to help you and your family get the most out of life.

Connect with your Employee Assistance Programme. 24/7. Confidential. No cost to you.

Call

24/7	1888 307 0539
24/7	1 289 309 6316
Out of Country	+1 289 309 6316
Back-Up	+ 44 1865 397 074

**For online support, please log in to:
livewell.optum.com**

Enter company access code:
paypal

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest accident & emergency department. This programme 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 programme and all of its components, in particular services to family members below the age of 16, may not be available in all locations and are subject to change without prior notice. Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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