Optum

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 and flexible employee assistance program that, together with WorkLife Services, 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. Skip the search when you need childcare, home repairs, eldercare or other resources in your community, and let WorkLife Services provide a vetted list. Or find helpful articles, videos and tools online. These services are available at no extra cost to all members of your household, including children living away from home.

Support for everyday life

To learn more, scan the QR code or visit **supportfinder.optum.com/WISE.**

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

More information about what's available to you

Emotional Wellbeing Solutions

Counseling and coaching

Take advantage of 3, 5 or 7 coaching and counseling sessions either in person or virtually with a provider in our large network — at no cost.

Financial coaching from experts

Up to 60 minutes of free consultation (provided in 30-minute increments) with a credentialed financial coach. Access extensive financial tools including self-paced workshops, courses, financial assessments, calculators and more to help you take control of your finances.

Legal counseling and mediation services

No-cost 30-minute telephonic or in-person consultation with a state-specific attorney or qualified mediator per separate legal issue. Ongoing services are provided at 25% below the firm's current rates after the initial consultation.

Digital resources

Our digital experience provides access to a large suite of tools and resources. The conversational chat feature can help you navigate resources to address a range of concerns including stress, anxiety and depression, caregiver support, financial stressors, parenting and family issues and more. Resources are curated specific to your needs and accessible in one convenient digital experience.

Virtual Visits

HIPAA-compliant technology delivers video services in the privacy and comfort of your home or wherever you choose, providing convenience and accessibility. Licensed telemental health providers are available in every state.

WorkLife Services

Caregiver support

- Grief/loss
- Retirement planning
- Adult daycare programs
- Financial and legal issues
- In-home/nurse care options

Child and family support

- Childcare options
- Adoption resources
- Day/summer camps
- Emergency/sick childcare
- Parent/family support groups

Chronic illness and condition support

- Respite services
- Caregiving services
- Assistive technology
- Affordable-housing resources
- Meal and transportation resources

Convenience services

- Pet services
- Traveling needs (business and leisure)
- Car and home repair and maintenance
- Shopping, dining and recreation recommendations

Educational resources

- Homeschooling
- Career consulting
- Adult education classes
- Individual educational plans
- School and college recommendations

Call

866-248-4096

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Visit

supportfinder.optum.com/WISE.

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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