



Employee Assistance Program

When you need help with life's challenges – whether it's personal, financial or legal concerns – call the Medica® Optum® Employee Assistance Program. Master's-level counselors can help you find answers and resources to tackle the tough issues you and your family face.

With EAP, you have access to:

- Three in-person counseling sessions covered at 100%
- A 30-minute legal consultation at no cost (in person or over the phone). If you decide to use an attorney, you'll get a 25% discount
- Financial advisor support to help with debt, financial planning, foreclosure and more
- Child care referrals and support to help take care of elderly parents
- Community resources

EAP counselors are available anytime, 24 hours a day, 365 days a year.

Talk with an EAP counselor at 1-800-626-7944.

TTY users, call 711.