



Support for everyday life

Helping people make the most of their emotional wellbeing programs - and live their healthiest lives.

Optum

Helping your teams navigate life's challenges

In this guide, you'll find examples of the wide range of Emotional Wellbeing Solutions support resources available to you.

The resources are designed to help build awareness, drive engagement and encourage use of the many benefits available for individuals and their family members.

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liveandworkwell.com

optumwellbeing.com



Why mental health matters



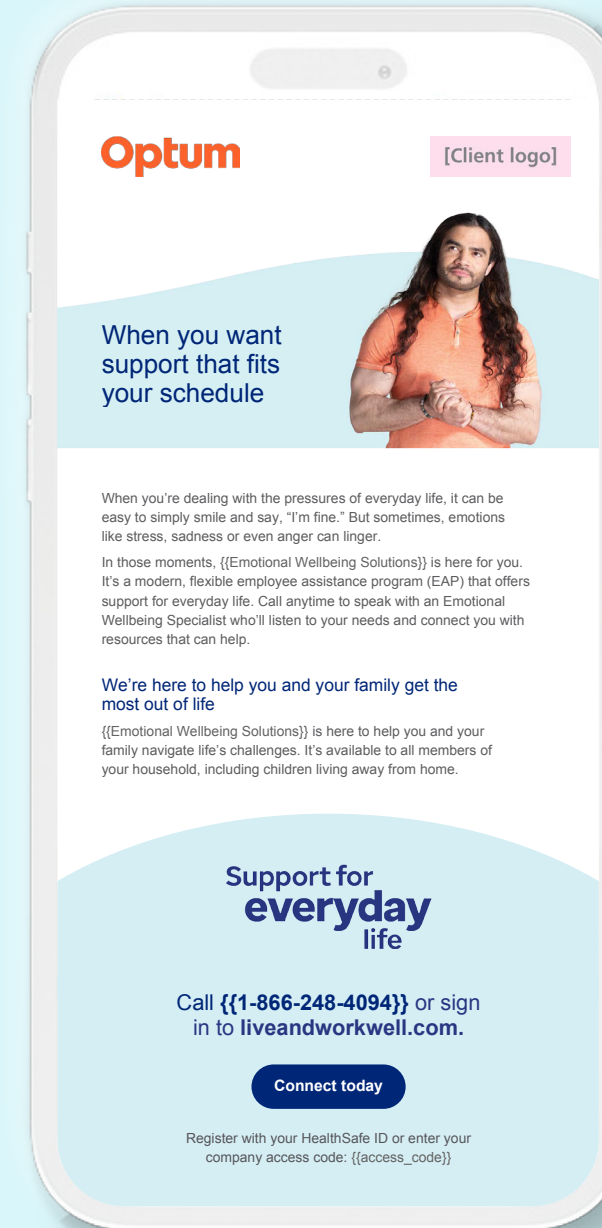
Download: Tips for creating a culture that supports mental health

Tapping into a modern, flexible employee assistance program

We're committed to helping you provide people with all the individual support they need to handle life's challenges.

Emotional Wellbeing Solutions is a modern, flexible employee assistance program (EAP) that offers support for everyday life. The example benefit email on this page shows one of the many introductory communications available to you to help boost engagement.

It highlights that individuals and their families can get confidential, 24/7 support, including access to no-cost counseling sessions with in-network providers at no additional cost.



Benefit email

Reach people where they are with multichannel messaging

You know best how to engage with your people.

From brochures, wallet cards and flyers to emails and other targeted messaging options, you can count on all the materials you need.

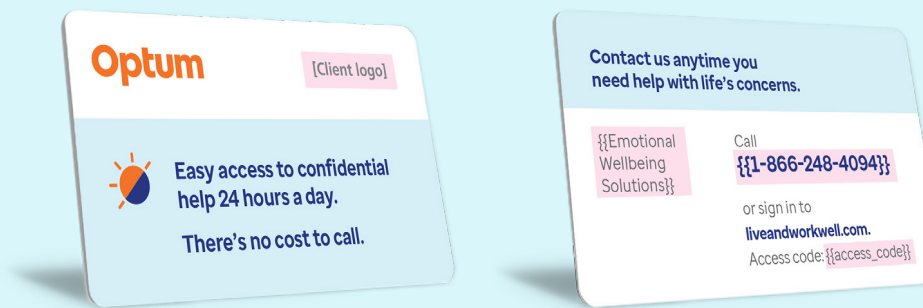
All elements are easily customizable with your company logo and the **liveandworkwell.com** access code and phone number. These materials are also available in Spanish.

Brochures are available to print during implementation for up to 10% of your on-site employee population.

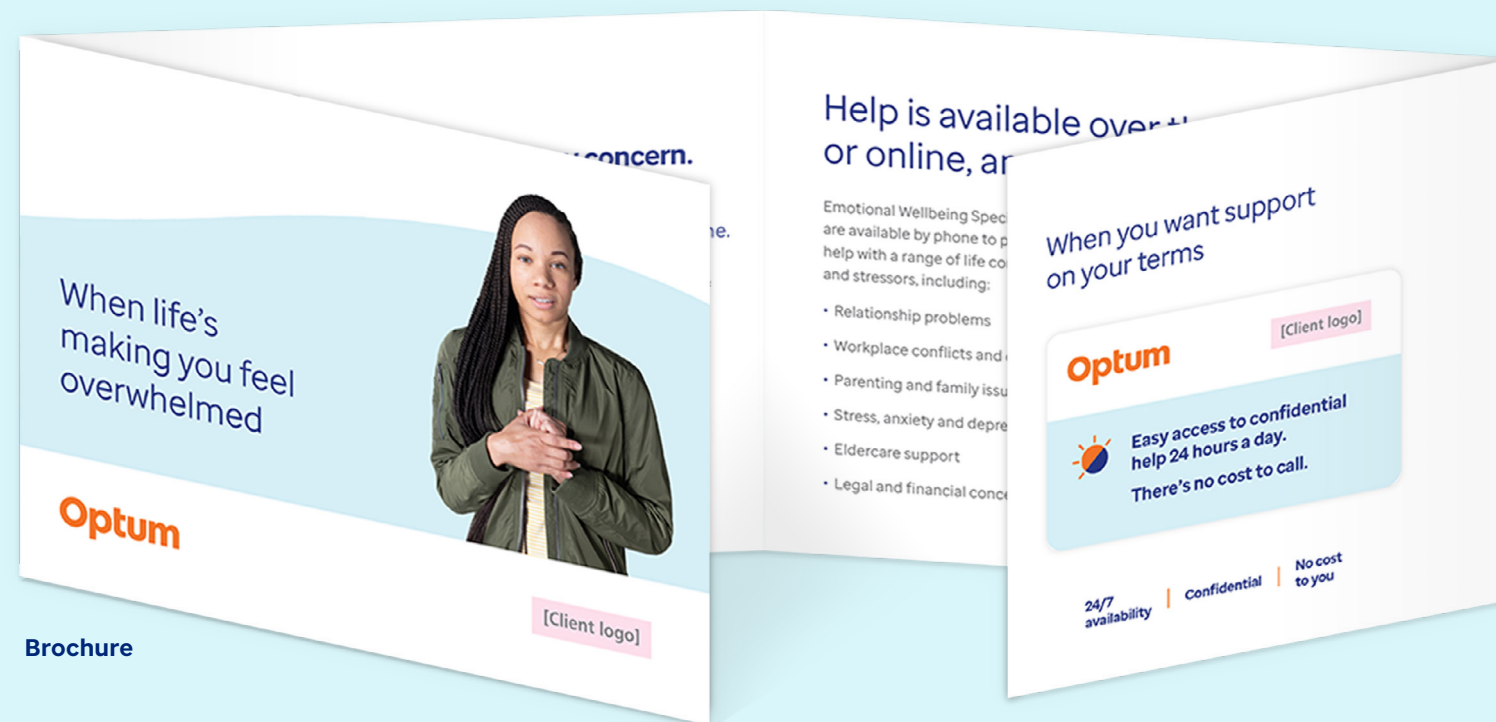
Wallet cards are available for print once per year for 10% of your employee population, drop-shipped to one location.

To request these materials, please contact your account management team.

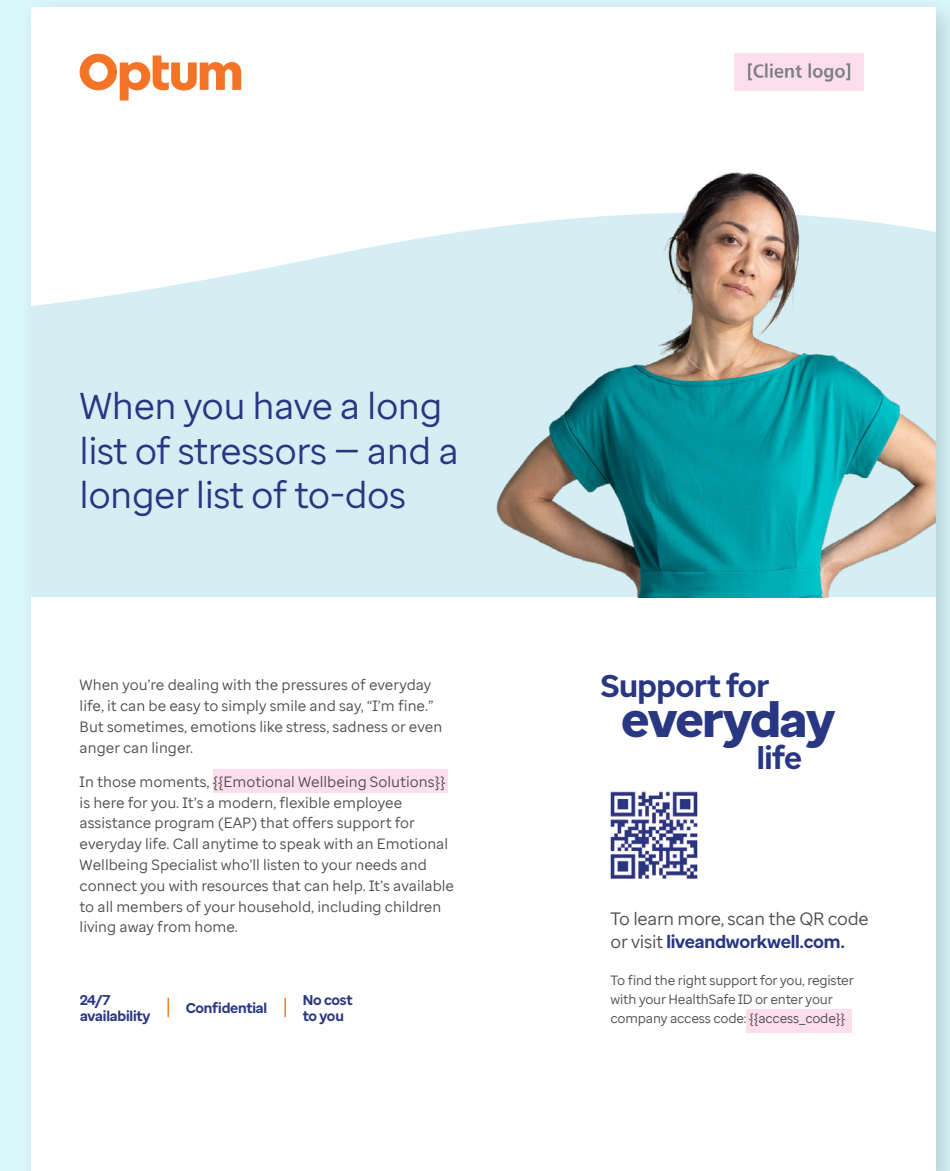
 Download engagement guide



Wallet card



Brochure



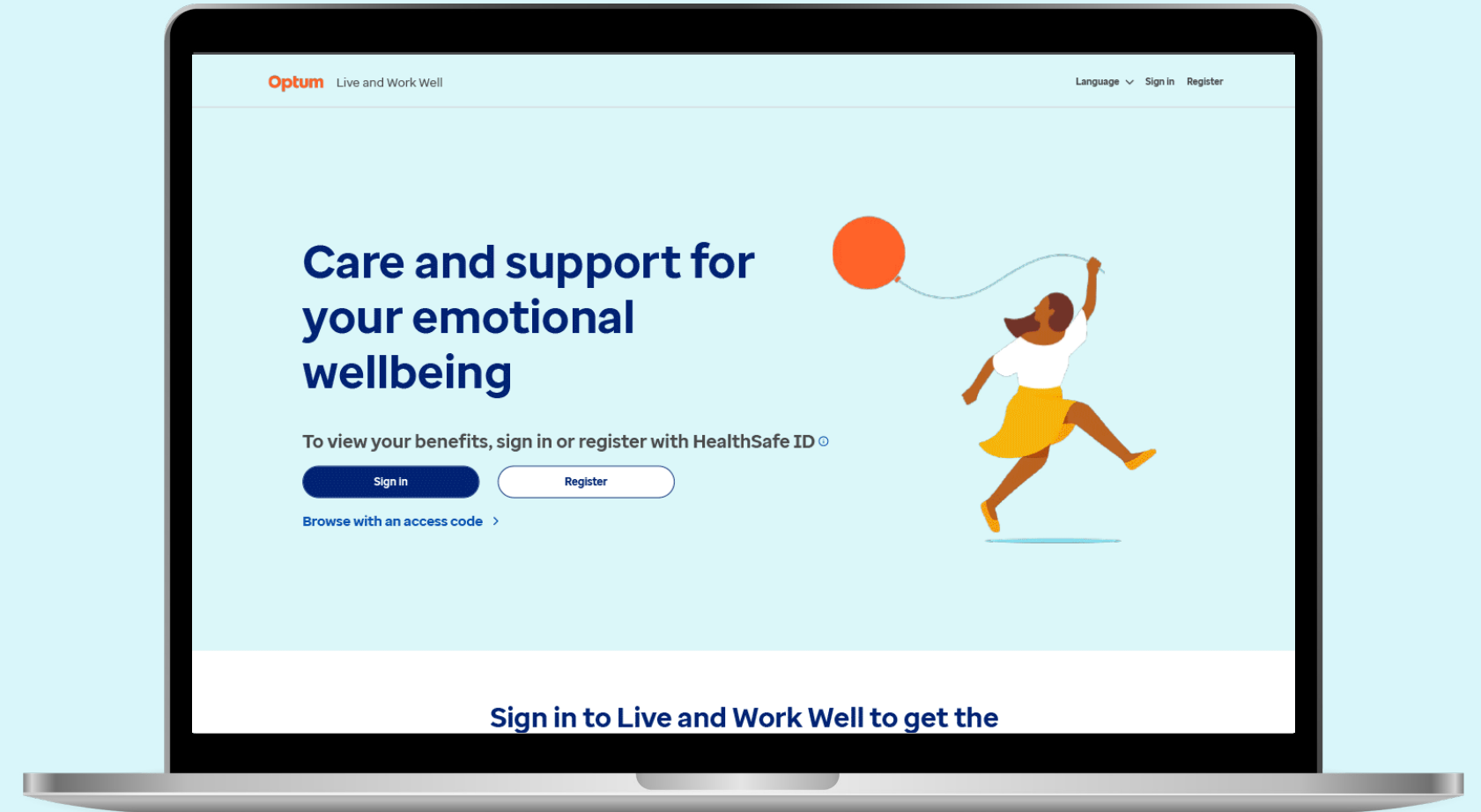
Flyer

Strengthen engagement with every touch point

Connecting to care is easier than ever on **liveandworkwell.com**, the benefits portal for your people. It's simple to access with a **liveandworkwell.com** access code.

Available anytime, **liveandworkwell.com** offers 24/7 confidential access to professional care, self-help programs and resources to help individuals deal with life's stresses, such as depression or anxiety, childcare or eldercare, and legal or financial concerns.

Individuals get clear information about their benefits, tools to help them find the right type of support and resources to set goals and help improve their wellbeing.



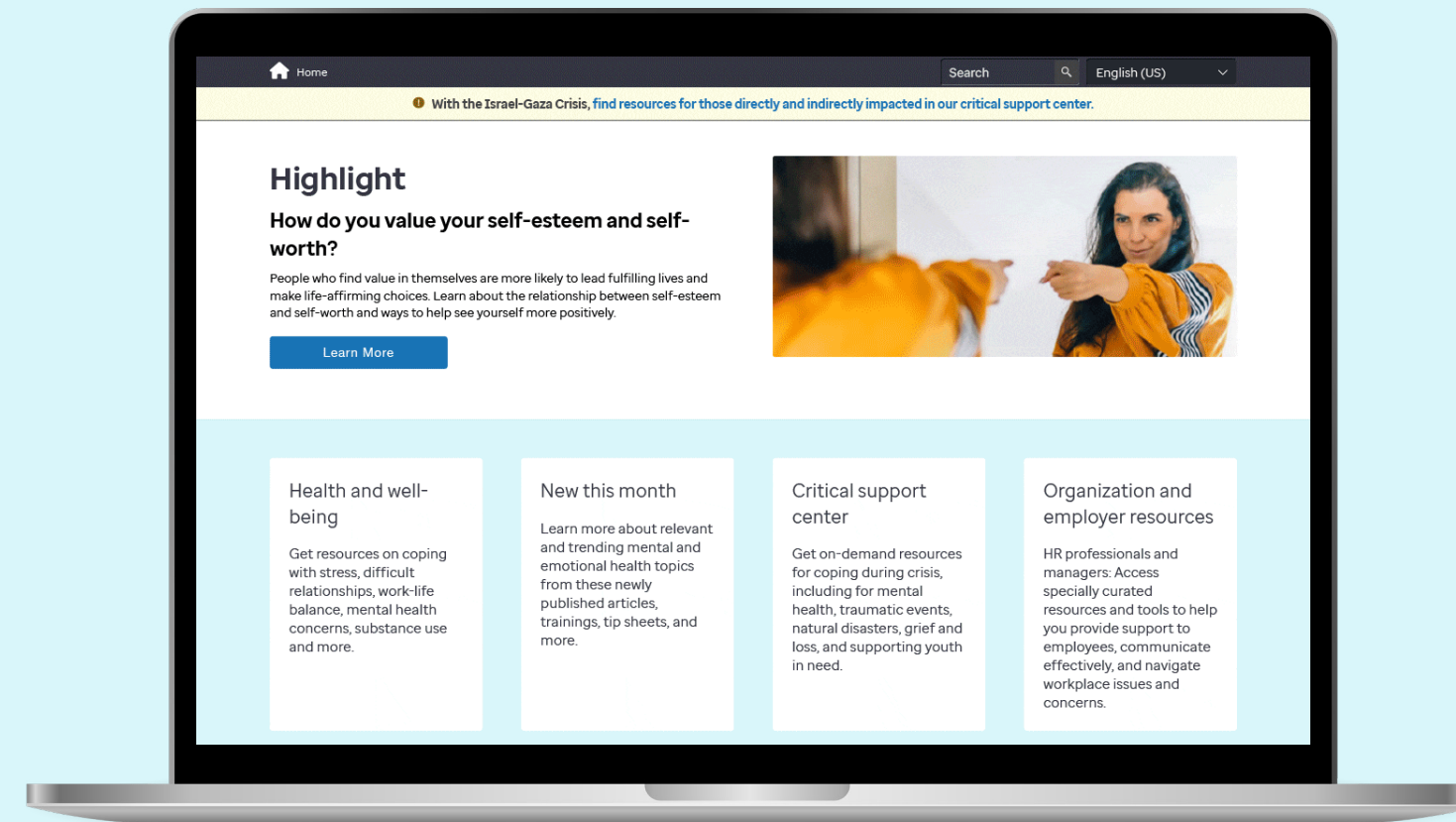
liveandworkwell.com

Engage people in their health and wellness

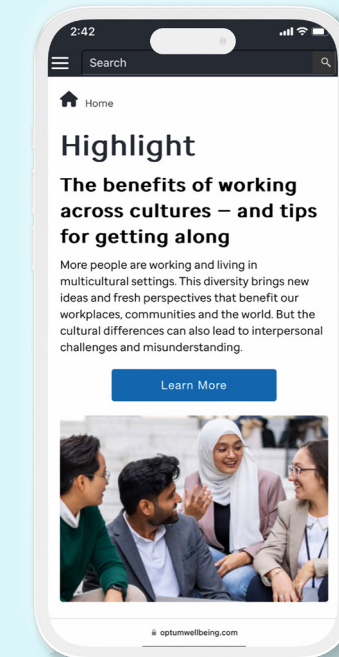
Optumwellbeing.com is a public website where individuals can access resources and content on relevant mental health topics. Resources include articles, podcasts, webinars and more to engage people in their health and wellbeing and help them navigate difficult situations.

Organizations and managers can also access additional resources, like monthly engagement toolkits, for fostering healthy workplaces and responding to critical events. Content is grouped into 4 easy-to-navigate categories to help visitors quickly find what they need:

- **Health and wellbeing** – member-facing resources to support emotional health, relationships, work-life balance and more
- **New this month** – a suite of curated content updated monthly on timely topics to support mental health
- **Critical support center** – a central hub with content to support members during critical incidents, such as natural disasters or grief and loss
- **Organization and employer resources** – resources and toolkits for organizations and managers to share with their employees to support their wellbeing. These materials are accessible by entering your liveandworkwell.com access code



Optumwellbeing.com



Graphics to promote messaging

Download the Optum logo and Emotional Wellbeing Solutions digital screen graphic. It's simple to pair them with sample messaging on your intranet site, flyers, brochures or anywhere else.

Optum



Download the Optum wordmark



Download graphic

You can also request different sizes and client logos by contacting your Account Management team

Reduce worry and stress with on-demand tools

Emotional Wellbeing Solutions connects people to on-demand help, anytime, anywhere.

Self Care by AbleTo provides immediate access to cognitive behavioral therapy (CBT)-based tools and techniques to help individuals manage stress and improve their emotional wellbeing.

This flyer, like all communication options, is easily customizable with your company logo and liveandworkwell.com access code and is also available in Spanish.

Optum | AbleTo

Say hello to Self Care from AbleTo

On-demand help for reducing worry, stress and improving mood.

Get access to self-care techniques, coping tools, meditations and more – anytime, anywhere. With Self Care, you'll get personalized content that's designed to help you boost your mood and shift your perspectives. Tap into tools created by clinicians that are suggested for you based on your responses to a short optional assessment. Self Care is here to help you feel better – and it's available at no additional cost to you as part of your [Optum Behavioral Health Benefits/Employee Assistance Program/health plan benefits/Employer Benefits].

Ready to get started?

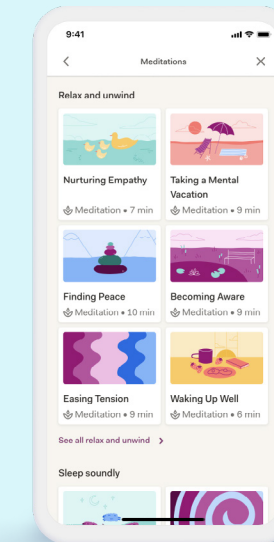
- Visit ableto.com/begin
- Enter your company access code: [CODE]

Features and benefits

- Daily mood tracking.** Answer daily questions to record your current mood, identify patterns and self-assess your progress.
- Meditation tools.** Explore classic methods of relaxation – like deep breathing and positive visualization – in the moment when you need them.
- Collections.** Build life skills with curated content, tools and resources for the stuff that matters most to you – from work life balance and sleep, and much more.
- Personalized roadmap.** Track your progress, set goals and make strides through weekly check-ins – Self Care helps you create a roadmap to support your self-guided journey to better mental health.

Confidential. | No extra cost. | Available 24/7.

Self Care by AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Self Care may not be available for all groups; refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the Self Care terms of use.
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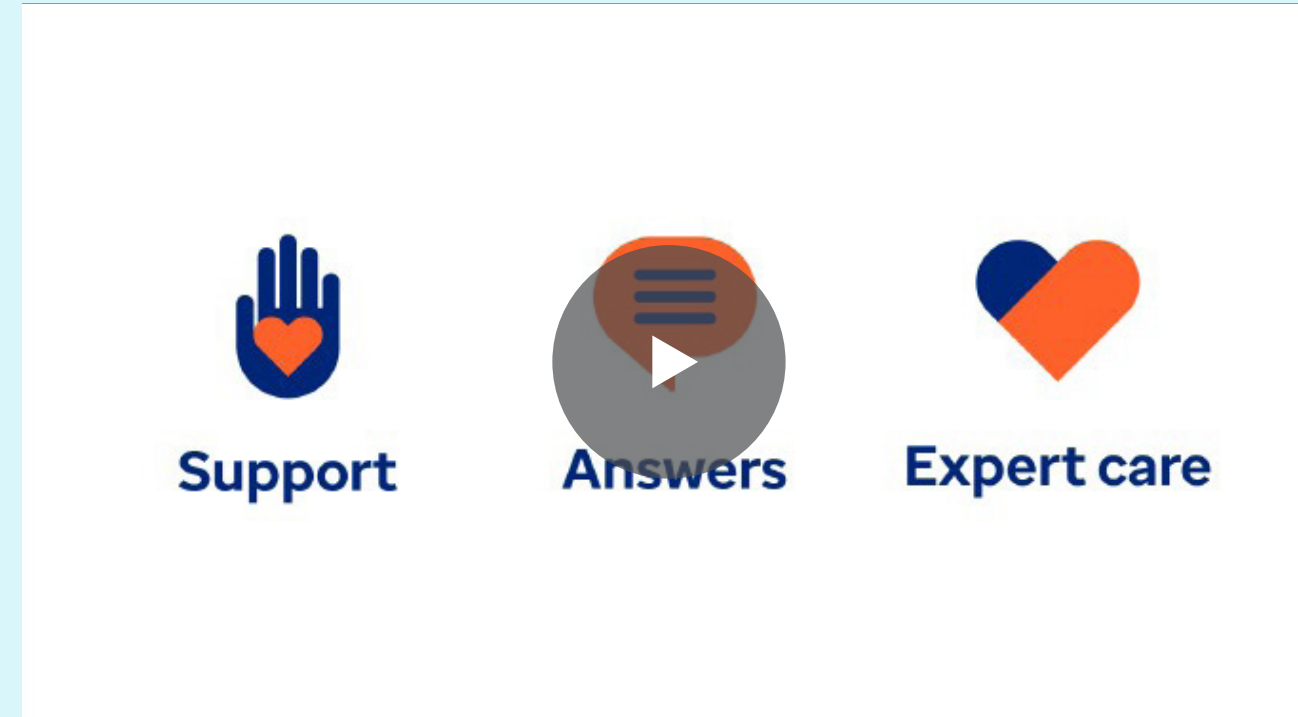
Boost engagement with compelling videos

Videos on a wide range of topics are available for you to share.



Activating your benefits

If you need support coping with the challenges of everyday life, Optum Emotional Wellbeing Solutions is a modern and flexible employee assistance program that can help. You can call 24/7 and speak with one of our trained specialists.



Making the most of your benefits

You have benefits specifically designed to offer support and promote a healthier work-life balance. Find tools, and resources to help you and your loved ones on the road towards better emotional health.

 [Watch now](#)



Investing in wellbeing, now and in the future

**Please reach out to your account management team
with any questions or for additional resources.**



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