

# YOU, supported

## 24/7 with your new Employee Assistance Program (EAP)



**Good news:** Starting July 1, 2023, through a partnership with **Optum**, we'll offer a new Employee Assistance Program (EAP).

Available 24/7 to all employees and household members, this program is being offered because Schools Insurance Authority is committed to providing our employees with the support they need to help make informed decisions about life and work issues.

Through the EAP, employees can easily connect with benefits, which include:

- Unlimited calls with master's-level counselors, plus up to 7 one-on-one sessions, in person or virtually.
- 24/7 confidential access to professional care, self-help programs and resources to help you deal with life's stresses such as depression or anxiety, childcare or eldercare, and legal or financial concerns on [liveandworkwell.com](https://www.liveandworkwell.com).

**Please know that all services are included as part of your benefits plan and are 100% confidential in accordance with the law.**

Look for an email coming soon that lists more details on these benefits and will connect you to your EAP.

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**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. Consult with your clinician for specific health care needs, treatment or medication. 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.

# MORE INFORMATION ABOUT WHAT'S AVAILABLE TO YOU

## Counseling

EAP provides up to 7 sessions with an experienced provider for each issue or problem at no cost to you, and the benefit renews each year. All conversations are confidential and are not shared with your employer.

To access this benefit, call or sign in to [liveandworkwell.com](https://liveandworkwell.com) and request your activation code.

## Financial coaching from experts

Receive 30–60 minutes of telephonic consultations per issue, per year with an experienced, credentialed financial coach to address a wide array of concerns including budget management, college funding, debt reduction, estate planning, retirement planning, bankruptcy and more.

## Legal counseling and mediation services

EAP provides a no-cost 30-minute telephonic or in-person attorney consultation to assist with legal issues such as document preparation, deeds, IRS matters, living wills, power of attorney, separation and divorce, trusts, and more. Receive a 25% discount on continuing services.

## Digital support tools

Visit [liveandworkwell.com](https://liveandworkwell.com) for 24/7 confidential access to professional care, self-help programs and resources specific to your needs. Get clear information about your benefits and what's available to you.

You can also download the Optum Assist mobile app from the App Store or Google Play. Log in with your company access code: **SIA**



**SIA for Kids**  
SCHOOLS IN PARTNERSHIP

**866-248-4096**  
or sign in to  
[liveandworkwell.com](https://liveandworkwell.com)

Register with your  
HealthSafe ID or enter your  
company access code:  
**SIA**



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