

Employee Assistance Program

The EAP is completely confidential and is provided to employees at no cost, regardless of the medical plan you selected. Even if you opt out of medical coverage, the EAP is available to you. Dependents who live away from home are also eligible.

The EAP is staffed by licensed clinicians who know how to get you and your family the help you need – right away. When you call, the specialist will help identify the best resource for your specific situation by talking with you and asking questions. You can speak to an EAP specialist as often as you like at no extra cost.

As part of the program, you and your family also get **five face-to-face counseling sessions at no extra cost** with a network provider (per concern, per person, per year). First responders get eight sessions. You can also meet virtually through a telemental health visit. This service uses video-calling technology to provide real-time access to a behavioral health professional – with no travel and less wait time for appointments.

To learn more about your EAP benefits, go to myuhc.com > **Coverage & Benefits > Mental Health > liveandworkwell.com**. If you do not have medical coverage through PEBC, visit liveandworkwell.com, access code: PEBC.

These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This content is for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

**Call the EAP 24/7 at
1-866-248-4096**

Specialists will be able to connect you to support for help with:

- **Work and career** – including conflict management, stress management and career counseling
- **Family and relationships** – including pregnancy, adoption, separation or abuse
- **Legal and financial services** – including mediation, financial planning and financial aid assistance
- **Grief** – including the loss of a loved one, infertility, miscarriage and other difficult life changes
- **Child care and elder care** – including help for teens and Medicaid/Medicare
- **Life transitions** – including divorce, relocation and college selection
- **Local personal services** – including restaurant reservations, dog walkers, plumbers and more

