

EMR Employee Assistance Program

Emotional Wellbeing Solutions

EMR offers you and your dependents access to Emotional Wellbeing Solutions (EWS) through Optum. EWS is an Employee Assistance Program (EAP), designed to support your mental, emotional, and financial health. You and your dependents have access to **six (6) confidential face-to-face or telephonic counseling sessions** per incident, per year, at no cost to you. Whether you are managing stress, improving your mental health, or navigating the many challenges of life, the EAP is here to support you with 24/7 confidential access.

What's Included:

- **Counseling & Support:** Access free, confidential counseling sessions with licensed professionals for stress, anxiety, depression, relationship issues, and more
- **Wellness Tools:** Explore a wide range of online resources, articles, and webinars on emotional wellbeing, work-life balance, and personal growth
- **Financial and Legal Consultations:** Receive complimentary financial coaching from credentialed experts, along with access to legal and financial tools and resources. For legal matters, you are eligible for a no-cost consultation with a state-specific attorney or mediator per issue, with ongoing services offered at a 25% discount.

For more information...

Contact Optum at **866.374.6061** or visit **liveandworkwell.com** to get started and learn more about what EWS has to offer!
Access code: **EMR**



Specialized Programs:

- **NEW! Calm Health App:** Calm Health (formerly Calm App) offers evidence-based programs, personalized recommendations, mindfulness content, and clinically informed podcasts to help you manage stress, sleep better, build healthy habits, and find greater wellbeing. Enjoy daily activities and on-demand resources tailored to your specific goals and interests.
- **Sober Sidekick:** Sober Sidekick offers immediate, 24/7 support to help you sustain recovery, avoid relapses, and improve your wellbeing. It connects you to a supportive community, sharing experiences and encouragement throughout your ongoing sobriety journey. Click **HERE** to learn more.
- **ID Theft Protection:** Optum ID Theft Assist connects you to a specialist who will guide you through disputing fraudulent charges, restoring your identity, and preventing future losses. During your free consultation, your Fraud Resolution Specialist will provide essential tools, resources, and step-by-step support to help you recover and protect yourself moving forward.
- **Uptime:** Turn your downtime into personal development with lessons from some of the most popular books, courses, documentaries and podcasts, packed into 5-minute knowledge hacks you can access anytime, anywhere. Click **HERE** to learn more.