



**When life gets
challenging,
EAP can help**



How to Access Your UnitedHealthcare Employee Assistance Program (EAP)

- 1. You MUST call 1-888-887-4114 to initiate the process and access your 3 no-cost counseling sessions**
- 2. When prompted, say “EAP” or describe the nature of your call**
- 3. An EAP coordinator will answer, assess the call, and refer you to the EAP Provider Network**
- 4. You will receive a code, which is *REQUIRED* to schedule your no-cost EAP visits**

Note:

- EAP Coordinators can send a list of providers via text message to member, if requested
- Members can access the Live and Work Well site and EAP provider directory at www.liveandworkwell.com and *browse as a guest* using company access code: **COM**