OPTUM®

Educating Students for Success
Lodi Unified School District



From listening to your child talk about being bullied to witnessing a traumatic event, secondhand stress can affect you, too. If you're finding it hard to stay positive when tough things happen to others, your EAP and WorkLife Services Benefit offers confidential support for managing:

- Anxiety and depression
- Parenting and family issues
- Relationship problems
- Workplace changes
- Living with chronic conditions
- Substance use
- Child and eldercare support

What's a clinician?

A clinician may be a psychologist or master's-level specialist trained in social work, professional counseling or family and marriage therapy.

How does it work?

A specialist will listen to your needs and connect you to the appropriate resources, whether it's a counselor, mediator, clinician, lawyer or financial advisor. You can take advantage of short-term counseling or get a referral for more extended care. And, we'll try our best to accommodate any gender, language or cultural preferences.

How much does this cost?

As part of your benefits, EAP and WorkLife services are available at no extra cost to you. This includes referrals, seeing in-network clinicians, access to liveandworkwell.com and initial consultations with mediators or financial and legal experts.

Want to retain a lawyer after your consultation? You'll get a 25 percent discount.

What other resources are available?

You and your family also have 24-hour private access to liveandworkwell.com. This interactive website offers tools and resources to help you enhance your work, health and life. On the site, you can:

- Check your benefit information
- Submit online service requests
- Search the online clinician directory
- Use our virtual help centers to find information and resources for hundreds of everyday work and life issues
- Access financial calculators, legal articles and other tools
- Search our databases for childcare, nursing homes and other local resources
- Participate in interactive, customizable self-improvement programs

Any member of your household can use liveandworkwell.com, even children living away from home.

OPTUM®

Contact us any time you need help with life's concerns.
Your Employee Assistance Program and WorkLife Services Benefit

1-866-248-4096

Or log on to liveandworkwell.com
Access code: LodiUSD

OPTUM®

Contact us any time you need help with life's concerns.
Your Employee Assistance Program and WorkLife Services Benefit

1-866-248-4096

Or log on to liveandworkwell.com
Access code: LodiUSD

Dedicated to making your life easier.

There's no cost to call.

Easy access 24 hours a day to confidential help.

There's no cost to call.

Is EAP confidential?

Yes. All records are kept confidential in accordance with federal and state laws. We never share your personal records with your employer or anyone else without your permission.

Real people. Real life. Real solutions.

Your Employee Assistance Program and WorkLife Services Benefit

1-866-248-4096

Or log on to liveandworkwell.com
Access code: LodiUSD

Live and work well:

- Balancing work and life issues
- Child and eldercare referrals
- Counseling services
- Financial and legal advice
- And more

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. 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 is subject to change. Coverage exclusions and limitations may apply.

© 2016 Optum, Inc. All rights reserved. PRJ2272 57919-072016 060721



TRUE.

Seeing others who are stressed can make you stressed.