



# Optum

## NEW! Employee Assistance Program (EAP)

Enloe Medical Center is proud to announce that effective 7/1/2023, we will be transitioning our Employee Assistance Program (EAP) from MHN to Optum. This benefit will remain free and confidential, and we strongly believe it will enhance our comprehensive benefits package by helping you navigate toward a healthy work/life balance.

Life happens 24/7, and with Optum, support is available for every moment. Use it to:

- Learn about your Employee Assistance Program (EAP)
- Talk with an EAP specialist
- Get **3 no-cost counseling sessions** per issue, per year
- Find a provider and schedule an appointment
- Access videos and articles about anxiety, caregiving, parenting, relationships, depression and more

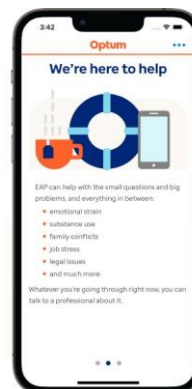
### Contact Your Optum EAP

Website: [liveandworkwell.com](https://liveandworkwell.com)

Phone: (866) 248-4096

Download Optum Assist today.

Log in with your company access code: **enloe**



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

**CONNECT WITH A LICENSED THERAPIST  
ANYWHERE, ANYTIME**



Now you can get the extra support you need in a way that works for you. With Talkspace, you can reach out to a licensed, in-network Employee Assistance Program Provider, 24/7.

To get started, call your Employee Assistance Program at 866-248-4096.

**ON-DEMAND HELP FOR SYMPTOMS OF  
STRESS, ANXIETY AND DEPRESSION**



Self Care by Able To is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Connect with powerful tools that are there for you right as symptoms come up. Stay engaged each day for benefits you can feel. Escape to Self Care whenever you need to track your progress and stay until you feel better.

Visit [LiveandWorkWell.com](https://www.liveandworkwell.com), put in your guest access code or log in if you've already created an account, then click on "Benefits & Services" where you'll find all your EAP benefits, including Self Care.