**What can my benefit do for me?**

You may be struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. Your benefit offers assistance and support for all these concerns and more:

- Balancing work and life issues
- Child and elder care resources
- Debt management
- Workplace conflict

From short-term counseling services and referrals to more extended care, your benefit offers just what you need. To find out more, give us a call or visit www.liveandworkwell.com.

**Can I access services online?**

Yes. liveandworkwell.com is an interactive Web site that provides access to your benefit and tools to help you enhance your work, health and life.

You can:

- Check your benefit information and submit online requests for services.
- Search our online directory of clinicians.
- Access information and resources for hundreds of everyday work and life issues in one of our many virtual help centers.
- Participate in interactive, customizable self-improvement programs.

Any member of your household may access these online services, including dependents living away from home.

**How much will this benefit cost?**

There’s no charge for referrals, or for seeing a clinician within our network. If you’d like to speak with an expert for financial or legal assistance or for legal mediation, there’s no cost for the initial consultation. Subsequent legal assistance is available at a 25 percent discount. Access to liveandworkwell.com is always free. For more information, please refer to your employer-provided benefit information.

**Are services confidential?**

We’ll never share your personal records with your employer or anyone else without your permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.
In an emergency, the first concern is your health. Call 911 or get to an emergency room as soon as possible.

The challenges you face each day can lead to stressful feelings. At times, such feelings may overwhelm you. Your home life, your happiness and your performance at work all can suffer.

We can help. Confidential support for everyday challenges or more serious problems, and it’s available around the clock — anytime you need it.

Contact us anytime you need help with any of life’s concerns

(800)234-5465
TDD/TTY Dial 711 and enter the number above.
Or log on to www.liveandworkwell.com
access code: claremontcolleges

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Your EAP and WorkLife Services Benefit