



## Welcome to your enhanced Employee Assistance Program (EAP)

**Good news:** Starting June 1, 2020, through a partnership with Optum, we are offering enhanced Employee Assistance Program (EAP) services.

Available 24/7 to all employees and household members, this program is being offered as UC Santa Cruz is committed to providing our employees with the support they need to help make informed decisions about life and work issues.

Through EAP, employees can easily connect with benefits, which include:

- Up to 6 sessions to see a face-to-face counselor
- Unlimited telephonic access to a master's level Specialist
- Unlimited access to online information, articles and other tools through Liveandworkwell.com
- These EAP services are provided to you at no-cost and 100% confidential in accordance with the law.

Look for an email coming soon that list more details on available EAP benefits and services.

**Register for a live Webinar which explains your enhanced benefit June**

**18th from 9:00am to 10:00am** <https://forms.gle/esDyBfoW4pdZgRTk9>

**June 25th from 6:00pm to 7:00pm** <https://forms.gle/hQrdArNZCXEWMx6A7>

**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 your doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions may apply.

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