

YOU, supported



24/7 with your Employee Assistance Program (EAP)

Good news: Starting July 1, 2024, through a partnership with **Optum**, **7 one-on-one sessions**, in person or virtually.

Available 24/7 to all employees and household members, this program is being offered because North Bay Schools Insurance Authority is committed to providing our employees with the support they need to help make informed decisions about life and work issues.

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

- Unlimited calls with master's-level counselors, plus up to **7 one-on-one** sessions, in person or virtually, per incident, per fiscal year.
- 24/7 confidential access to professional care, self-help programs and resources to help you deal with life's stresses such as depression or anxiety, childcare or eldercare, and legal or financial concerns on liveandworkwell.com.

Please know that all services are included as part of your benefits plan and are 100% confidential in accordance with the law.

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. Consult with your clinician for specific health care needs, treatment or medication. 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 are subject to change. Coverage exclusions and limitations may apply.