



Stress is a necessary part of life. And sometimes it comes from positive things such as a new baby or big job promotion. Once the excitement wears off, the worries can settle in.

If you'd like help adjusting to a "new normal," EAP offers confidential support for managing:

- Stress, anxiety and depression
- Parenting and family needs
- Workplace concerns
- Sleep issues
- Substance abuse

### How does it work?

Call to speak with a specialist who will listen to your needs and connect you to the appropriate resource, whether it's a clinician, counselor, mediator, lawyer or financial advisor. You can either 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.

### 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 much does this cost?

As part of your benefits, EAP services are available at no extra cost to you. This includes referrals, seeing in-network clinicians, access to [liveandworkwell.com](https://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](https://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](https://liveandworkwell.com), even children living away from home.

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

**866-248-4094**

Or log on to [liveandworkwell.com](http://liveandworkwell.com)

Access code: MWD

Live and work well:

- Counseling services
- Financial and legal advice
- Family support
- Relationship help
- 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. This program and its components may not be available in all states and coverage exclusions may apply.

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**IT'S IMPOSSIBLE**

— *to be stressed* —

**WHEN THINGS ARE GOING WELL.**

**TRUE OR FALSE**

**FALSE.**

Even good things can cause stress.