



TRUE.

EAP services are available to employees and their extended family members, even if they live in a different state.

Find out what this benefit can do for you. We can help you and your family members with day-to-day challenges, major life changes, and anything in between.

Call us to access a wide range of assistance:

- Coping with grief and loss
- Depression, anxiety and stress
- Financial and legal services
- Help with relationships
- Substance abuse
- Sudden lifestyle changes

As part of your benefits, some services are available at no extra cost. This includes referrals, seeing in-network clinicians 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.

Access to liveandworkwell.com is always free. For more information, please refer to your employer-provided benefit information.

24-hour online access is also available at liveandworkwell.com.

You and your family can also go online any time to:

- Check 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
- Participate in interactive, customizable self-improvement programs

All records are kept confidential in accordance with federal and state laws.

Find a better balance between your work life and your home life — so you can enjoy life.

Real people. Real life. Real solutions.

Your Employee Assistance Program

(866) 248-4094

Or log on to liveandworkwell.com

Access code: GAUMC

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.