



OPTUM™

Helping your life run more smoothly

Employee Wellbeing

telephone

from abroad

www.livewell.optum.com

Access Code



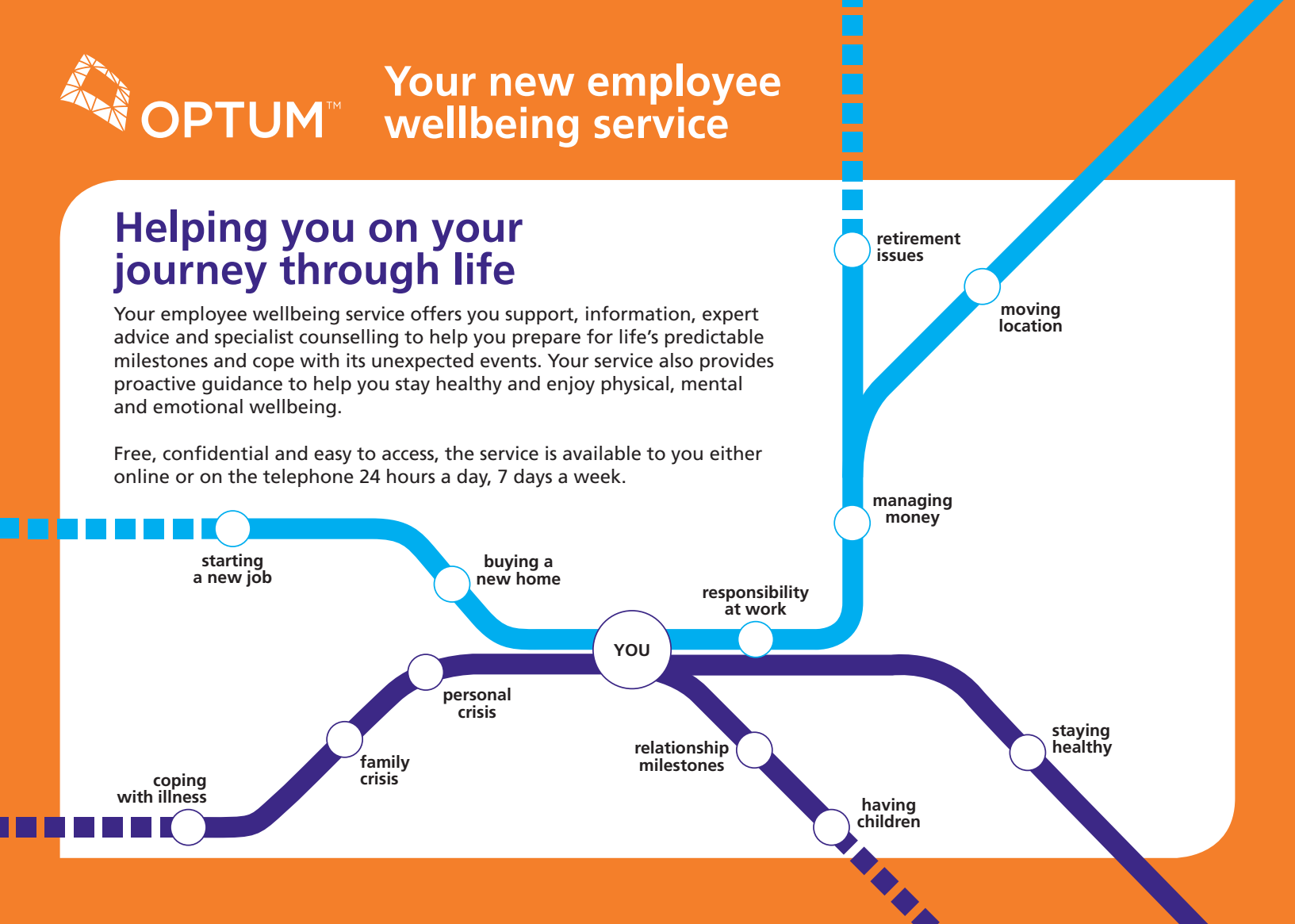
OPTUM™

Your new employee wellbeing service

Helping you on your journey through life

Your employee wellbeing service offers you support, information, expert advice and specialist counselling to help you prepare for life's predictable milestones and cope with its unexpected events. Your service also provides proactive guidance to help you stay healthy and enjoy physical, mental and emotional wellbeing.

Free, confidential and easy to access, the service is available to you either online or on the telephone 24 hours a day, 7 days a week.





Livewell Online -
user-friendly factsheets,
programmes and useful links
www.livewell.optum.com



Debt Information -
telephone-based specialists
to signpost you to options for
managing debts



Face-to-Face Counselling -
access to our network of
face-to-face counsellors



Telephone Counselling -
experienced counsellors available
24/7 providing unbiased,
impartial support



**Online Cognitive Behavioural
Therapy (CBT)** - changing
unhelpful patterns of thinking
(service subject to clinical assessment)



Legal Information -
telephone-based information
and signposting service including
rights, process and points of law



Specialist Information -
comprehensive, professional,
telephone-based information
and signposting service



Support for Managers -
telephone-based support and
guidance for managers



Work Well -
Health & Wellbeing resource with
a different theme every month.
Log on to LiveWell Online and
see for yourself

For more information about any of these services please visit www.livewell.optum.com



Helping your life run more smoothly

Your confidentiality is important to us...

Your employee wellbeing service is a confidential service. No information which could lead to your identification will be released to any external party, including your employer, unless you provide your explicit permission for us to do so.

Exceptions to this are where life or safety to yourself or others are threatened, or where there is a serious risk or breach of either your organisation's rules or the law of the land.

In need of a helping hand?

Contact us today for free advice, support or information...



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minicom

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"I honestly couldn't believe that one phone call could have given me so much support. It's made a difficult process so much easier for me to manage."

(David, Service User)

"You listened to my situation and gave me a clear idea of where each option left me."

(Christine, Service User)

