

EMOTIONAL WELLBEING SOLUTIONS

Employee Assistance Program (EAP)

*Star Tribune
Media Company, LLC*

We all know that life can be challenging at times. Issues like illness, debt, and family problems can leave us feeling worried or anxious and not able to be at our best. The Optum EAP provides confidential support and resources for you and your dependents at no charge. You can seek expert guidance for any kind of issue, from everyday matters to more serious problems affecting your wellbeing.

Counseling

Solution-focused consultation with an EAP intake counselor:

- You and every covered family member may attend five (5) counseling sessions for each problem per year at no cost to you. Members can schedule either in-person visits in their community, OR virtual visits, if preferred. You do not need to be enrolled in medical to use EAP services.
- Get expert guidance on managing almost any challenge affecting your wellbeing.
- Specialists listen and help identify issues, barriers, and ways to overcome them.
- No appointment necessary.
- Available 24/7 by phone.

ID theft services

ID Theft Core includes identity theft and fraud resolution services. It assists you at the beginning of fraud-related emergencies and offers an affordable and expedient process that:

- Provides you with free 60-minute consultations with fraud specialist who conduct seven emergency response activities
- Assists with restoring your identity and good credit

Legal services

Access to licensed state-specific attorneys:

- One 30-minute telephonic or in-person consultation with a Legal professional per year at no cost to you
- Ongoing representation by an attorney at a 25% discounted rate, paid by the member.
 - Consumer issues
 - Criminal matters
 - Deeds
 - IRS matters
 - Living wills
 - Power of attorney
 - Probate
 - Separation and divorce
 - Traffic matters
 - Trusts
 - And more

Financial consultations and advice

Access to credentialed financial professionals

- One telephonic consultation (30 to 60 minutes in length) per member per year
 - Bankruptcy
 - Budget management
 - College funding
 - Debt reduction
 - Estate planning
 - Investment plans
 - Retirement planning
 - Taxes

For more information and resources:

CONTACT OPTUM 24/7 AT: 866.248.4096

GO ONLINE: liveandworkwell.com

CODE: StarTrib

OPTUM
EAP