



When you feel overwhelmed and not sure where to start

When you're dealing with the pressures of everyday life, it can be easy to simply smile and say "I'm fine." But sometimes, emotions like stress, sadness or even anger can linger.

In those moments, it can be difficult to know where to begin. Emotional Wellbeing Solutions is here for you. As part of your modern, flexible employee assistance program, Support Finder helps you find the right resources at the right time. After you answer a few simple questions, the conversational chat feature will direct you to the tools that fit your needs. You can also call to speak with an Emotional Wellbeing Specialist who'll listen to you and connect you with resources that can help.

Support for everyday life

Visit

supportfinder.optum.com/UTGME

to explore all resources available to you or to reach an Emotional Wellbeing Specialist.

24/7
availability

| Confidential

| No cost
to you

Emotional Wellbeing Solutions is available 24/7 at no extra cost to you

Help is available over the phone or online, anytime

The Support Finder conversational chat feature can help you navigate resources to address a range of concerns and stressors, including:

- Relationship problems
- Eldercare support
- Workplace conflicts and changes
- Stress, anxiety and depression
- Parenting and family issues
- Financial stressors

Emotional Wellbeing Specialists are also available by phone and will listen to your needs and connect you with resources that can help. You can access face-to-face counseling visits with a provider in our network – at no cost. All conversations are confidential.*



*Confidential in accordance with applicable law.

Optum Emotional Wellbeing Solutions is known as Employee Assistance Program (EAP) in California.

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. 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. Stock photos used.