



Covering up your
true feelings?
**We're here
for you.**

No matter how you're feeling, you put on a good face for others. But oftentimes there are other emotions behind that exterior.

For those times, your Employee Assistance Program (EAP) is available to help. It's a personal support service that can assist you with a range of needs. With a little relief, the self you show can be a lot closer to how you really feel.



To get started, scan the QR code or visit **liveandworkwell.com**

Enter access code:
UMISSOURI



University of Missouri System
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

When life is throwing a lot at you, connect with someone who can help.

Experienced consultants are available 24/7 for support, guidance and resources to help you navigate small questions and big problems related to a range of issues, including:

- Relationship problems
- Stress, anxiety and depression
- Grief and loss
- Parent and family issues

When you speak to a consultant, you'll receive immediate help or be directed to one of our network providers. EAP provides up to 3 sessions with an experienced consultant for each issue or problem at no cost to you, and the benefit renews each calendar year.

Connect with your Employee Assistance Program.
24/7. Confidential. Available to you at no cost.

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



Log in today:

liveandworkwell.com

Enter access code:
UMISSOURI



Or call us 24/7 at

866-248-4094

The EAP does not offer legal or financial advice

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 is subject to change. Coverage exclusions and limitations may apply.