

Get support while caregiving



Taking care of an aging parent, a loved one or a friend can be stressful.

In addition to all of your other responsibilities, it can be easy to feel overwhelmed. We can help.

Our caregiver support services are designed to help you navigate the mental, physical and financial challenges of caregiving. We focus on understanding and supporting the needs of both you as the caregiver as well as your care recipient.

Support for everyday life



To get started, scan the QR code or visit liveandworkwell.com and use access code **EAP**

Support that is convenient for you

With our services, you can choose how you receive support. Choose between 6 hours of telephonic support with an experienced care manager, or request an in-home or virtual assessment from a registered nurse or other qualified professional for your loved one.

You will receive:

- Recommendations for your care recipient based on individual needs
- Verified resources and referrals to help you navigate your caregiver needs
- Access to monthly caregiver education sessions on topics such as how to have a successful family caregiver meeting, dementia care, caregiving for yourself when you are a caregiver, and more
- Access to weekly 20-minute mindfulness meditations led by a certified mindfulness facilitator

800-354-3950

Or sign in to
liveandworkwell.com

All services are confidential and at no cost to you.

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.

Source: Family Caregiver Alliance National Center on Caregiving. Caregiving: Introduction. caregiver.org/caregiving. Accessed May 2, 2023.

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