

SERVICES

OPTUM,
MAKING LIFE EASIER.

Everyday life is full of challenges and Optum provides expertise at identifying and managing those big life events that can cause unwelcome stress or anxiety.

Many of these key life events are predictable, so with Optum's help, you can prepare for them and stay happy, healthy, and fully focused.

We're here to help. As a free service provided by your employer, we offer in-person, telephone and e-counseling, and immediate telephonic crisis support.

Optum's Employee and Family Assistance Program is available 24 hours a day, 7 days a week, online or by phone. All services are completely confidential and there is no cost to you or your eligible family members.

SOLUTIONS

SOLUTIONS FOR MANY OF
LIFE'S CHALLENGES.

- Confidential Counselling
- Health & Nutritional Coaching Program
- Smoking Cessation Program
- Online Employee Portal
- Substance Abuse Counselling
- Legal Referrals/Consultations
- Financial Planning and Debt Management Advice
- Childcare and Eldercare Support Services
- Leadership & Staff Training
- Critical Incident Stress Management
- Health, Wellness & Development Workshops

CONTACT US

WE'RE HERE TO HELP -
CONTACT US 24/7/365

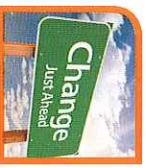
Online information, advice
and support:
www.livewell.optum.com

Telephone and in-person
counseling:
Call us at 1-800-663-9099

e-counseling:
optum-ca.privacemal.com

website:
www.optum.ca

Helping you with life's predictable challenges...



Starting a New Job



Buying a New Home



Relationship Milestones



Having Children



Managing Money



Staying Healthy



Returning to Work

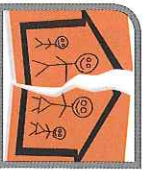


Responsibility at Work



Retirement Planning

Family Crises



Personal Crises



Illness



...and the less predictable crises.