**no cost, confidential assistance for life’s challenges**

We all face daily life challenges that impact our personal, family and professional well-being. HBC is committed to providing the assistance you need to live a healthy, happy, fulfilled life – so we provide ***Live and Work Well***, your Employee Assistance Program (EAP) to provide CONFIDENTIAL, no cost counseling and consultation to address your questions and problems, such as:

* Managing stress
* Improving relationships at home or work
* Finding child development, childcare or elder care resources
* Getting past emotional issues or grief
* Addressing depression, anxiety or substance use issues
* Addressing legal and financial concerns
* Getting the most out of your career

CLICK HERE FOR MORE INFORMATION

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HBC provides access for ALL ASSOCIATES, your dependent children and your household members to Optum’s ***Live and Work Well***, your Employee Assistance Program (EAP). You have 24/7 access to UNLIMITED, completely CONFIDENTIAL telephone consultations to address any personal issue. Counselors can provide you immediate help or help you select a network for provider for a no-cost, face-to-face consultation.

If face-to-face consultation is best for you, ***Live and Work Well*** will refer you to an appropriate in-network counselor with the training and specialization to help you. Up to five (5) face-to-face visits are available, per issue, at **no cost to you**.

Assistance is available for the small issues, the big problems, and everything in-between.

Optum’s Live and Work Well website has online resources available as well, including Guides, Articles and Videos on subjects like:

* Mental and Physical Health
* Balancing Work & Life
* Workplace issues
* Substance Use Disorders
* Budgeting, Credit & Debt
* Financial Fitness
* Crisis Support
* Child Care
* Elder Care
* Suicide Prevention
* Legal Resources
* And more….

To access your EAP services, go online at <https://www.liveandworkwell.com> and Register, or use Access Code **HBC** to enter anonymously. Or call 866-248-4094 anytime for confidential help.

In Canada, go online at <https://www.livewell.optum.com/public/welcome.asp> and use the Access Code HBCCA, or use your username if you have previously registered.