

The intersection of employee assistance and behavioral health



How these benefits work together

Emotional Wellbeing Solutions (EWS)



A modern, flexible employee assistance program offering support for everyday life

- Benefit provided by employers – no need to enroll and no cost to the employee
- Provides referrals for behavioral health concerns as well as resources to help with personal or family stressors, like finances
- Available for all household family members
- Authorizes a limited number of sessions to provide immediate intervention and support for a specific issue; additional issues or challenges are authorized separately with allowed number of sessions reset for each authorization
- Does not include medication prescription coverage or management
- Benefit renews each year. Information is kept confidential and session discussions will not be shared with employers

Behavioral Health benefits



A focused approach to help improve mental health and create a better future

- Benefit provided if your patient enrolls in their employer's health insurance plan (part of the same plan that pays for their medical care)
- Provide a variety of clinically appropriate treatment options, including talk therapy, in-patient hospitalization, intensive outpatient services and more
- Care can address a variety of behavioral health concerns, including relationship issues, anxiety, depression and substance abuse
- Can include medication prescribing or management
- Coverage for care (such as therapy, in-patient, etc.) tied to health insurance plan benefits
- Treatment options may have limitations and authorization requirements, based on policy benefits
- Services are subject to in-network and out-of-network fees, including deductible

Your reimbursement is the same for both benefits. Unlike other payers, you earn the same rate for Emotional Wellbeing sessions ([allowable codes](#)) as you do for routine outpatient therapy.

When to use Emotional Wellbeing Solutions



Get assistance for life's challenges

- Find in-the-moment support to get through a challenging life event or everyday concern
- Manage stress
- Find mental health and substance use support
- Navigate family conflicts and relationships
- Find care and help for children or elders
- Connect with a financial coach
- Access legal services and more

When to use Behavioral Health benefits



Get mental health-related support

- Connect to an extensive network of providers, whether short-term emotional support or ongoing treatment is needed
- Accessed when there is a specific need for care (such as anxiety, depression, substance use, autism spectrum disorders and more)
- Support a patient-specific treatment plan to help manage mental health needs and encourage healthy behaviors
- Provide a variety of clinically appropriate treatment options, including talk therapy, in-patient hospitalization, intensive outpatient services and more

Your patients can visit liveandworkwell.com to learn more about how Emotional Wellbeing Solutions and behavioral health services can support their needs.

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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.

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