

NOW LIVE

## Mass 4 You - Your Employee Assistance Program

A new employee assistance and work/life program for GIC members



Get ready for a new benefit that is so much more than an employee assistance program. It's a friendly and confidential service that provides a wide range of resources to help you manage your life.



### Confidential, one-call personal support with trained professionals, 24/7

- Web chat
- Secure messaging

\*Optum will be the new provider of this service beginning July 1, 2018



### Easy online tools

- Accredited health website and mobile site
- Clinician search
- Resources for dealing with work/life balance, family issues, finances and more



### Support for management

- Crisis support
- 250+ classes (in person, web, phone)
- Videos for supervisors and members

Get answers and support for the many ways life can stress you out:

*"Where can I find the best daycare?"*

*"I need a lawyer — what do I do?"*

*"How can we get financing to buy a home?"*

- No question is too big or too small. Because balancing work and life can be hard, we'll be here, 24/7.
- Nothing is more important than your well-being.
- **Available to all active state and municipal employees and their families eligible for GIC benefits.**

Call toll-free: **1-844-263-1982** or Visit **liveandworkwell.com** and use the access code **mass4you**.

Or download the **myliveandworkwell mobile application** and use access code **mass4you**.

### Substance Use Treatment Helpline

Identifying substance disorders can be confusing. Call the toll-free Substance Use Treatment Helpline at **1-855-780-5955** to speak with a licensed clinician.

Optum is a health and well-being company that serves more than 60 million people each year. Optum has work/life specialists, counselors and well-being specialists on hand to offer guidance and support to employees and their families.

[more information >>](#)

# Sometimes, we can all use a little help.

For professional support — any time — make just one call.

There are hundreds of ways life can stress you out. One quick call to the new Employee and Work/Life Assistance program will open the door to hundreds of real-world solutions:

## Adult and Eldercare Services

- Adult day care programs/caregiving
- Grief and loss counseling
- In-home/nursing care options

## Child, Family and Parenting Support

- Adoption
- Childcare options
- Special needs care

## Convenience Services Referrals

- Auto and home repair
- Pet services
- Lawn and yard care
- Moving
- Dining, entertainment and shopping while traveling

## Education

- Home schooling
- Private schools
- At-risk youth programs

## Legal, Financial and Retirement

- Legal issues
- Home ownership
- Retirement planning

## Chronic Illness and Condition Support

- Caregiving resources
- Food service and nutritional help lines

## Relationships

- Committed relationships
- Dating
- Separation and divorce
- Domestic violence

## Safety and Crisis Planning

- Disaster preparedness
- Internet safety
- Identify theft



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For substance use disorder help, call Optum's confidential Substance Use Disorder Hotline: **1-855-780-5955**



Your Employee Assistance Program

**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. This program and its components may not be available in all states and coverage exclusions may apply.