

# Employee Assistance Program Offers Much More Than You Realize!

## EAP Website Full of Useful Information

If you think your Employee Assistance Program (EAP) is helpful only when you are stressed out, you are wrong! Check out the [liveandworkwell.com](http://liveandworkwell.com) website and you will be surprised at all of the resources available to you. Here are just a few of the interesting areas of information:

### LiveWell: Life, Family & Relationships

- Relationships
- Beginning a Family
- Parenting
- Caregiving
- Legal, Financial & Retirement
- Safety & Crisis Planning
- Military Life & Deployment

### BeWell: Health & Well-Being

- Living Healthy
- Coping & Resiliency
- Addictions
- Conditions by Name



## WorkWell: Education, Work & Career

- School and Education
- Travel
- Self-Improvement
- Career Changes
- Workplace Issues

## My Benefits & Programs

- Online Programs
- Benefit & Program Documents
- Contact Information to Receive Services

## EAP Website Summary

This is simply a high-level recap of what is on the website. Take some time to visit [liveandworkwell.com](http://liveandworkwell.com) (access code GOLDEN) and register or log in for information to help you find the work/life balance to enjoy life to its fullest!

For more information, contact United Behavioral Health at 800-817-4237 or go online at [www.liveandworkwell.com](http://www.liveandworkwell.com).