



Support is waiting for you at
Optima EAP

You and your household members can receive up to three counseling sessions per presenting issue.

What is Optima EAP?

Optima EAP (Employee Assistance Program) is a resource to help you overcome life's challenges, solve personal problems, and address work-related issues. Our services are confidential, short-term, and solution-focused. Our counselors are professional and caring.

How do I get in touch with a counselor?

Call **1-800-899-8174** or send us a confidential email through **OptimaEAP.com**. Our representatives will work to schedule an appointment with a counselor near you.

How can Optima EAP help me?

Optima EAP can help you improve a relationship, support a family member, find tools to manage stress, handle conflict with a coworker or an employee, and much more. With our resources, you can:

- Manage stress or anger
- Improve family dynamics
- Care for sick or elderly family members
- Address substance abuse/dependency
- Deal with grief or a loss
- Build resilience
- Balance work and life obligations

Simply call 1-800-899-8174 or visit [OptimaEAP.com](https://www.OptimaEAP.com) to get started.

How much do Optima EAP services cost?

Our services are sponsored by your employer, meaning there is **no cost** to you or your household members.

What resources does Optima EAP offer in addition to counseling?

Inspirational posts, videos, webinars, articles and other resources are waiting for you at **OptimaEAP.com**. Our in-person and online trainings are designed to help build personal and professional skills. In a leadership role? We offer a supervisory toolkit and specialized consultation services to assist you.

Does Optima EAP only have in-person appointments?

Our Virtual Counseling service is a convenient option when a face-to-face appointment isn't possible. This service uses a HIPAA-compliant platform for counseling over a smartphone, tablet, or desktop computer. Give us a call to take advantage of our virtual sessions.

Will my information be shared?

Confidentiality is an important component of our program. Discussions with our counselors are protected by strict Protected Health Information (PHI) privacy laws. Optima EAP will not share any PHI, either in written or verbal form, unless required by law or if you give prior consent.



**Find guidance and support for everyday life
at [OptimaEAP.com](https://www.optimahealth.com/eap) or by calling 1-800-899-8174.**

OptimaHealth 
Employee Assistance Program