

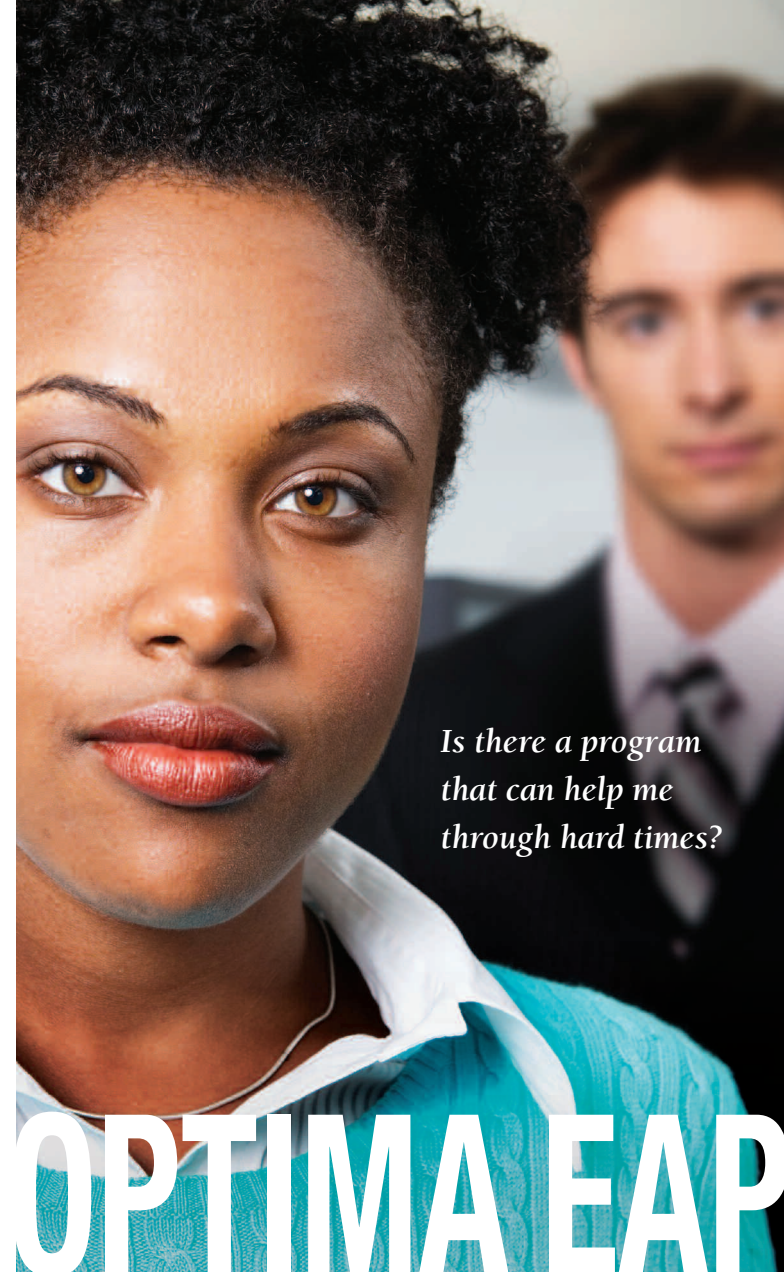
If your home life is affecting your work, or if your work life is affecting your home, Optima EAP can help.

**OptimaHealth** 

For more information about Optima EAP, please visit [OptimaEAP.com](http://OptimaEAP.com)

Bayside Medical Plaza  
816 Independence Blvd., Suite 1A • Virginia Beach, VA 23455  
1-757-363-6777 or 1-800-899-8174 • [OptimaEAP.com](http://OptimaEAP.com)

Optima Health is the trade name of Optima Health Insurance Company.



*Is there a program that can help me through hard times?*

**OPTIMA EAP**

**EMPLOYEE ASSISTANCE PROGRAM**

**OptimaHealth** 

### **What is Optima EAP?**

Optima EAP (Employee Assistance Program) is a helpful resource that can be used to address life's challenges, solve personal problems or tackle work-related issues. Optima EAP's confidential, short-term and solution-focused services are provided by a group of skilled, professional and caring counselors. Best of all, Optima EAP is available to you at no cost.

### **When should I use Optima EAP?**

Whether you're trying to improve your relationship, provide direction for a child, better manage stress, deal with a difficult co-worker, care for an elderly family member or make changes in your life, Optima EAP is here to help. You can confidentially turn to us — even before an issue or concern severely impacts your home life or work performance. Give us a call and we'll be happy to assist you with topics such as:

- Stress
- Work-Related Concerns
- Relationships
- Children/Adolescents
- Grief/Loss
- Anger Management
- Domestic Violence
- Eldercare
- Difficult Behavior
- Substance Abuse/Dependency
- Depression
- Personal Development

### **How can I get in touch with an Optima EAP counselor?**

When you call Optima EAP, one of our representatives will locate a counselor near your home or work and help you schedule an appointment. Contact us at 1-757-363-6777 or 1-800-899-8174. Or, you can send a confidential email through our website, [OptimaEAP.com](http://OptimaEAP.com).

### **What if I need additional help?**

If additional services are required, Optima EAP will assist you with referrals. We will help you utilize your mental health benefits or provide recommendations for reputable community-based resources. We will stay active in this process until you can access the services you need.

### **Do I have the right to privacy?**

Yes. Confidentiality is an important component of Optima EAP. Discussions with an EAP counselor are protected by strict guidelines and regulations. In fact, no information about you or a family member will be shared with your employer unless you consent in writing or the law requires it. Optima EAP falls under the guidelines of Health Protected Information. Because we are dedicated to confidentiality, you can feel comfortable and confident using Optima EAP when you need assistance.

### **Will there be any cost or co-payment to use Optima EAP?**

Optima EAP is an employer-sponsored benefit, meaning there is no cost to you and your family members to use this service.

### **Are there other services besides counseling provided by Optima EAP?**

Yes. In the privacy of your own home, visit [OptimaEAP.com](http://OptimaEAP.com) for details about classes, tools and other services. You'll also find information, articles and features on a wide variety of topics, including emotional concerns, mental health treatment, workplace issues, frequently asked questions and inspirational pieces.



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