

Corporate health for global employers

A holistic approach to supporting workforce productivity



We provide culturally attuned health and wellbeing services. Because when employees are healthier and more productive, so are their employers.

Integrated support for health and wellbeing

Optum offers a fully integrated suite of services encompassing behavioral health, preventive services and digital engagement. We help companies in 150 countries unify their strategy for creating a culture of health and well-being, wherever their employees are.



Employee Assistance — 150 countries served

- Training
- Work/life
- Critical incident
- Counselling



Wellness Services — 70 countries served

- Biometrics and on-site events
- Wellness coaching



Digital Health Engagement (Optum My Wellbeing) — Available in 10 languages

- Real-time individual health score
- Individual and group challenges
- Personalized goal setting and tracking
- Digital health coaching

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