

Global employee assistance

Maximise productivity and performance on a global scale

Corporate Health



Improve workforce engagement — let Optum® be your single source for employee assistance programmes tailored to local needs, languages and cultures.

Connecting the dots for better engagement

In a stressed-out world, employees and their families can get 24/7 support for behavioural health needs, work-related issues and a range of services. Management consultation, training and critical incident response are also included. Account management and reporting are handled locally.



Access Optum EAP

- Unlimited access 24/7/365
- Available via a toll-free phone number, or online at livewell.optum.com
- Immediate access to help or referral for a face-to-face consultation
- Referral to specialist or other benefit provider



EAP services

- Personal consultation and referral
- Management consultation
- Critical incident response services
- Programme and service navigation
- Training and development



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

- Real-time individual health score
- Personalised goal setting and tracking
- Individual and group challenges
- Digital health coaching
- Automated coach provides referrals to EAP based on user input

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