

NOW LIVE

Mass 4 You - Your Employee Assistance Program

A new employee assistance and work/life program for GIC members



Get ready for a new benefit that is so much more than an employee assistance program. It's a friendly and confidential service that provides a wide range of resources to help you manage your life.



Confidential, one-call personal support with trained professionals, 24/7

- Web chat
- Secure messaging

*Optum will be the new provider of this service beginning July 1, 2018



Easy online tools

- Accredited health website and mobile site
- Clinician search
- Resources for dealing with work/life balance, family issues, finances and more



Support for management

- Crisis support
- 250+ classes (in person, web, phone)
- Videos for supervisors and members

Call toll-free: **1-844-263-1982** or Visit **liveandworkwell.com** and use the access code **mass4you**.

Or download the **myliveandworkwell mobile application** and use access code **mass4you**.

Substance Use Treatment Helpline

Identifying substance disorders can be confusing. Call the toll-free Substance Use Treatment Helpline at **1-855-780-5955** to speak with a licensed clinician.

Get answers and support for the many ways life can stress you out:

"Where can I find the best daycare?"

"I need a lawyer — what do I do?"

"How can we get financing to buy a home?"

- No question is too big or too small. Because balancing work and life can be hard, we'll be here, 24/7.
- Nothing is more important than your well-being.
- **Available to all active state and municipal employees and their families eligible for GIC benefits.**

Optum is a health and well-being company that serves more than 60 million people each year. Optum has work/life specialists, counselors and well-being specialists on hand to offer guidance and support to employees and their families.

[more information >>](#)

Sometimes, we can all use a little help.

For professional support — any time — make just one call.

There are hundreds of ways life can stress you out. One quick call to the new Employee and Work/Life Assistance program will open the door to hundreds of real-world solutions:

Adult and Eldercare Services

- Adult day care programs/caregiving
- Grief and loss counseling
- In-home/nursing care options

Child, Family and Parenting Support

- Adoption
- Childcare options
- Special needs care

Convenience Services Referrals

- Auto and home repair
- Pet services
- Lawn and yard care
- Moving
- Dining, entertainment and shopping while traveling

Education

- Home schooling
- Private schools
- At-risk youth programs

Legal, Financial and Retirement

- Legal issues
- Home ownership
- Retirement planning

Chronic Illness and Condition Support

- Caregiving resources
- Food service and nutritional help lines

Relationships

- Committed relationships
- Dating
- Separation and divorce
- Domestic violence

Safety and Crisis Planning

- Disaster preparedness
- Internet safety
- Identify theft



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For substance use disorder help, call Optum's confidential Substance Use Disorder
Hotline: **1-855-780-5955**



Your Employee Assistance Program

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions may apply.

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