

**Guidance and support
for everyday life.**

- • • A wide range of resources are just a click away on **OptimaEAP.com.**

Optima EAP

Supporting employees.
Strengthening organizations.



OptimaHealth 
Employee Assistance Program

- • • Call **1-800-899-8174** to schedule an appointment with one of our licensed counselors.

OptimaHealth 
Employee Assistance Program

Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, and Sentara Health Plans, Inc.



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. Best of all, our services are available at **no cost!**

How can Optima EAP help me?

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

Turn to us before an issue or concern severely impacts your home life or work performance.

We can help you:

- 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



How do I get in touch with a counselor?

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

What if I need more help?

Optima EAP will help you use your mental health benefits, provide a referral to an Optima EAP counselor, or share recommendations for local resources.

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.

Will my information be shared with anyone else?

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.