Optum

Tutor Perini CORPORATION

When you have a long list of stressors – and a longer list of to-dos

When you're dealing with the pressures of everyday life, Emotional Wellbeing Solutions is here for you.

Help is available over the phone or online, anytime

Emotional Wellbeing Navigation Specialists are available by phone to listen to your needs and connect you with resources that can help with a range of life concerns and stressors, including:

- Relationship problems
- Workplace conflicts and changes
- Parenting and family issues
- Eldercare support
- Stress, anxiety and depression
- Legal and financial concerns

You can also access **8 coaching and counseling visits** either in person or virtually with a provider in our large network – at no cost.

Support for everyday life

To learn more, scan the QR code or visit **liveandworkwell.com** and enter the access code: **tutor**

Or call us today at **866-248-4096**

24/7 availability | **Confidential** | **No cost to you**

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. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

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