

Get the most from your EAP

See a psychologist or therapist right at home



It's quick, easy and private

If you're feeling stressed, worried, or having a tough time, you may want someone to talk to. Now, you can use your company-sponsored employee assistance program (EAP) to have a video visit with a licensed therapist using LiveHealth Online. Talk with a therapist from your home or wherever you have Internet access and privacy.

Scheduling a visit is easy. In most cases, you can make an appointment to see a therapist within four days or less.* This may be sooner than waiting for an office visit. Keep in mind you need to be at least 18 years or older to visit with a therapist online, and therapists do not prescribe medication.

Therapists on LiveHealth Online can help you with these types of conditions:

- Stress
- Depression
- Grief
- Stress from coping with a sickness
- Anxiety
- Relationship or family issues
- Panic attacks

Make your first appointment – when it's easy for you:

- Give your EAP program a call at **855-229-7820** and ask about therapy visits.
- The EAP representative will tell you more about therapy options, including a video visit using LiveHealth Online on your computer, smartphone or tablet.
- You can review a therapist's background or qualifications with your EAP representative and choose one who's available and right for you.
- The EAP representative will set up your first visit and send you an email with the details and a link to connect you with the therapist for your online appointment.

A few more details

Private therapy visits using LiveHealth Online are always free with your EAP.

Your visit will last about 45 minutes and you can set up a future visit if you need one. You'll always have a choice of the therapist you'd like to see.

Ask your EAP representative for a coupon code for FREE online therapy visits with LiveHealth Online.