



## Employee Assistance Program (EAP)

Our EAP is just one phone call away. When life concerns affect you, it's important that you have someone to talk to, who understands and can help identify solutions. That is exactly what our Employee Assistance Program (EAP) is all about. Our Specialists are available to you over the phone at any time day or night to provide a solution focused consultation. Let us help you:

- Define your specific needs
- Clarify goals
- Explore attempted solutions
- Develop a plan of action
- Identify activities and resources to support your goals and achieve resolution

With the EAP, you have convenient access to telephone sessions with a licensed clinician, and options beyond traditional medical and behavioral resources. Our clinicians work with you until the issue is resolved and can provide follow-up consultations. In addition, you have access to interactive, self-help tools, and articles at [liveandworkwell.com](http://liveandworkwell.com).

### Online anytime

You can also visit [liveandworkwell.com](http://liveandworkwell.com) to search on your own. The site includes checklists to help you choose the care provider that's best suited to your needs, plus helpful articles and tip sheets on a variety of issues.

### Get started today

To use, simply call the toll-free number provided here. Our specialists are available 24/7 to assist you. All calls and use of services are kept completely confidential. All referrals are free, but you may have to pay for any referred service you use.

As the EAP helps you deal with stress, emotional and relationship problems, it will improve your total health and productivity.

Free. Confidential.  
All day, every day.

**866-248-4094**

Or log on to:  
[liveandworkwell.com](http://liveandworkwell.com)  
Access code: Lubrizol

**Lubrizol**

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