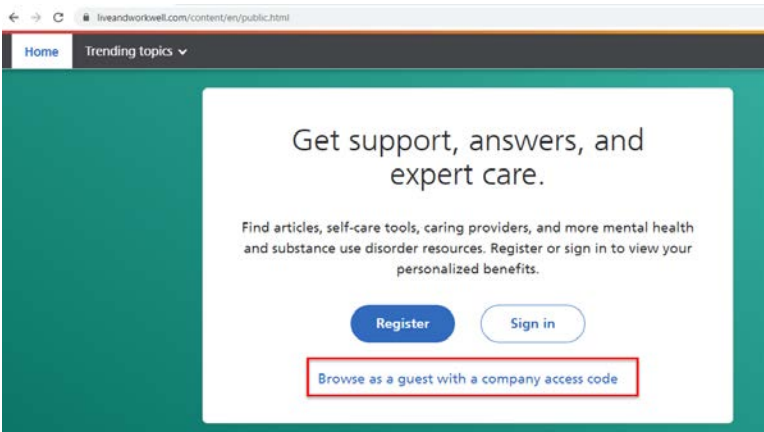

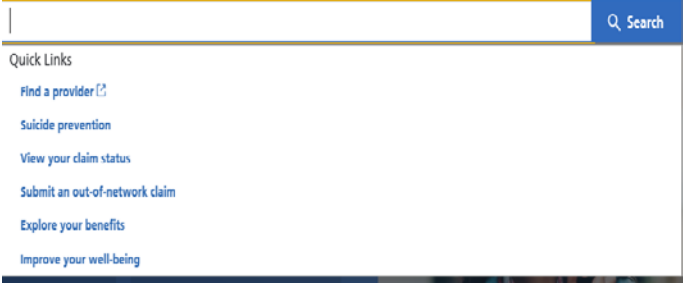

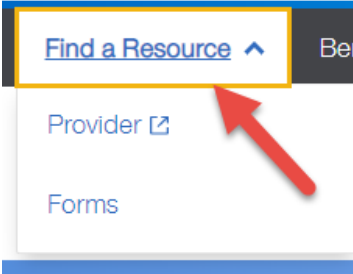
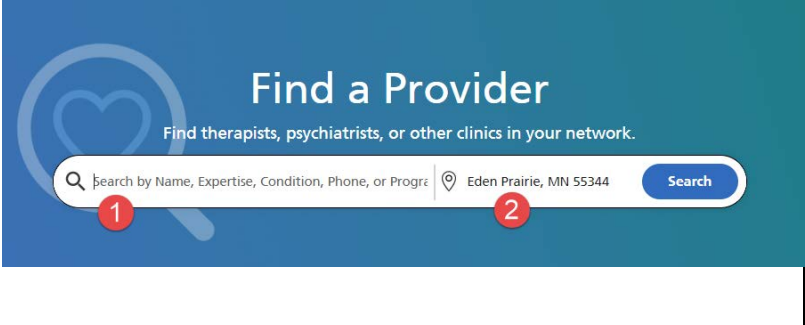




# ACCESSING OPTUM EMPLOYEE ASSISTANCE WEBSITE

Liveandworkwell.com

## Optum – Nonagreement Benefits

<h3>ACCESS THE WEBSITE</h3>	<p><a href="https://www.liveandworkwell.com/content/en/public.html">https://www.liveandworkwell.com/content/en/public.html</a></p> <ul style="list-style-type: none"><li>• Click on the link above or simply type in <b>liveandworkwell.com</b></li><li>• This website provides access to the in-network provider and facility network for employees covered under Optum/United Behavior Health</li><li>• All union employees covered by the national railroad health insurance plans are covered by Optum</li><li>• This site provides helpful resources for many issues facing employees and their loved ones</li></ul>
<h3>LOGIN AS A GUEST</h3> 	<ul style="list-style-type: none"><li>• Click "Browse as a guest with the company access code"</li><li>• The access code is <b>choiceplus</b></li><li>• Type <b>choiceplus</b> into the Guest Access code box and click enter</li><li>• Or, Register and create an account by clicking on Register in the top right of the screen</li></ul>
<h3>SEARCH A TOPIC</h3> 	<ul style="list-style-type: none"><li>• Click the Search button on the right side of the page to search for topics</li><li>• Search for information on various topics</li></ul>
	<ul style="list-style-type: none"><li>• Type in what you are searching for, for example, grief, depression, divorce, drug addiction, substance use disorder, etc.</li></ul>
	<ul style="list-style-type: none"><li>• Click the drop down menus at the top to search by topic</li></ul>
<h3>FIND A COUNSELOR OR FACILITY</h3> 	<ul style="list-style-type: none"><li>• To search for a counselor/therapist or mental health facility, click the 'Find a Resource' heading</li><li>• Click Provider</li></ul>

 <p><b>Find a Provider</b> Find therapists, psychiatrists, or other clinics in your network.</p> <p>Search by Name, Expertise, Condition, Phone, or Program   Eden Prairie, MN 55344</p>	<ul style="list-style-type: none"> <li>• 1 - Type in the name or type of counselor, or condition, or program</li> <li>• 2 – Type in your zip code, then press the Search button</li> <li>• A list of in-network providers will display</li> <li>• Additional filters are located on the left side of the screen to help narrow the search</li> <li>• Feel free to call your EAP Rep or the number on the back of your id card for Behavioral Health</li> </ul>
<p><b>SEARCH FOR FINANCIAL &amp; LEGAL ASSISTANCE</b></p>  <p>Home   Life &amp; Work   Mind &amp; Body   <b>Financial &amp; Legal</b>   Crisis Support   Find a Resource   Benefits &amp; Claims</p>	<ul style="list-style-type: none"> <li>• Search for information on financial and legal topics</li> <li>• Check out your legal and financial benefits</li> </ul>
 <p><b>NS EAP</b> Employee Assistance Program</p>	<p>NS EAP 844-215-4188 Call the EAP after hours line for help with this website or other questions regarding Employee Assistance at NS</p>

EAP STAFF	PHONE	DIVISION COVERED
Joan Newcomb, Manager of EAP	540-520-3957	All
Dustin Inman, EAP, Representative	770-880-7831	Georgia and Alabama Divisions – Atlanta GA
Jerry (Mitch) Bunn, EAP Representative	765-730-5112	Dearborn and Lake Divisions - Ft. Wayne, IN
Keith Glabb, EAP Representative	704-607-2171	Dearborn and Pittsburgh Divisions - Pittsburgh, PA
Greg Winston, EAP Representative	717-480-3824	Harrisburg and Shared Assets - Harrisburg, PA
Stephanie Austin, EAP Representative	217-330-2031	Illinois Division – Decatur, IL
Alice Berry, EAP Representative	540-685-3388	Pocahontas and Piedmont - Roanoke, VA
Fletcher (Will) Martin, Senior EAP Representative	865-206-9012	Pocahontas and Piedmont - Knoxville, TN
<b>EAP After Hours Assistance Line</b>	<b>844-215-4188</b>	<b>Norfolk Southern</b>