

The Insperity Employee Assistance Program Administered by Optum®

Available to all employees (full-time, part-time, or seasonal) and their dependents

The Insperity Employee Assistance Program (EAP) is administered by Optum. Services provided by the EAP are completely confidential, and most are available at no cost to Insperity employees and their dependents. The EAP provides a majority of the on-demand wellbeing resources and benefits featured on the previous page, and these include:

- Three no-cost counseling sessions per issue, per year (in person or virtual options)
- One complimentary attorney consultation and one mediation session per issue, per year

To access EAP services, receive an authorization code for counseling sessions, or to speak to a licensed counselor 24 hours a day, seven days a week, call 866.402.0003 or visit liveandworkwell.com (access code Insperity).

Receive an authorization code online by searching for a provider in the “Find Care” tab. You’ll need to share this code with the provider of your choice during the scheduling process.

Prefer to use your free sessions for text-based therapy through Talkspace?

Download the Talkspace app or visit [Talkspace.com](https://talkspace.com). After clicking “Get Started,” select “Optum Behavioral Health” as your insurance provider, and provide your authorization code when requested during the setup process.

Wellbeing On-Demand!

Visit the [Wellbeing On-Demand](#) page on the Insperity Premier™ platform to access the complete range of support offered.

Insperity EAP utilization data sourced from Optum®

The Insperity EAP and Your Wellbeing

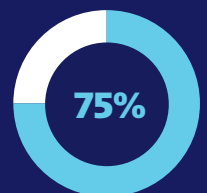
7,348
EAP cases opened
in 2022

EAP users saw a
16% improvement
in their presenting
issue after using
the EAP

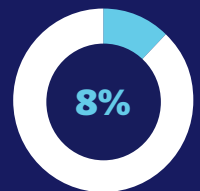


EAP user breakdown

Employees



Spouse



Other dependents

