

EMPLOYEE ASSISTANCE PROGRAM (EAP)

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THIS IS A CONFIDENTIAL PROGRAM PROVIDED TO YOU AND YOUR HOUSEHOLD MEMBERS AT NO COST.

MORE INFORMATION ABOUT WHAT'S AVAILABLE TO YOU

EMOTIONAL WELL-BEING SOLUTIONS:

Face-to-face counseling

six counseling visits either in person or virtually with a provider in our large network — at no cost.

Financial coaching from experts

Up to 60 minutes of free consultation (provided in 30-minute increments) with a credentialed financial coach for each financial issue. Access to extensive legal and financial tools and libraries to help you take control of your finances.

Legal counseling and mediation services

No-cost 30-minute telephonic or in-person consultation with a state-specific attorney or qualified mediator per separate legal issue. Ongoing services are provided at 25% below the firm's current rates after the initial consultation.

Digital self-care tools

Visit liveandworkwell.com to access our digital suite of tools and resources. Discover the solutions and clinical techniques that best fit your needs to help manage stress, anxiety and other concerns all in one convenient location.

Virtual Visits

HIPAA-compliant technology delivers video services in the privacy and comfort of your home or wherever you choose, providing convenience and accessibility. Licensed telemental health providers are available in every state.

WORKLIFE SERVICES:

Adult care and eldercare support

- Grief/loss
- Retirement planning
- Adult daycare programs
- Financial and legal issues
- In-home/nurse care options

Child and family support

- Childcare options
- Adoption resources
- Day/summer camps
- Emergency/sick-child care
- Parent/family support groups

Chronic illness and condition support

- Respite services
- Caregiving services
- Assistive technology
- Affordable-housing resources
- Meal and transportation resources

Convenience services

- Pet services
- Traveling needs (business and leisure)
- Car and home repair and maintenance
- Shopping, dining and recreation recommendations

Educational resources

- Homeschooling
- Career consulting
- Adult education classes
- Individual educational plans
- School and college recommendations

Call: 866-248-4096

Visit: liveandworkwell.com.

Enter your company access code: FBISD

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. © 2022 Optum, Inc. All rights reserved. WF7261814 219207-042022

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VIRTUAL AND ONSITE CONSULTATIONS ARE AVAILABLE THROUGH THE EMPLOYEE ASSISTANCE PROGRAM FOR FBISD EMPLOYEES

Find support through a 1:1 virtual and onsite consultation with Jennifer Williams, LPC



SUPPORT WHEN YOU NEED IT

Receive assistance for a variety of issues — from stress and relationship issues to communication strategies and beyond



GETTING YOU CONNECTED

Easy access to additional resources, other services and referrals



QUICK AND EASY SCHEDULING

Click here or scan the QR code to register and book an appointment

Scan the QR code to register
and book a consultation



JENNIFER WILLIAMS, LPC

Jennifer Williams is a Licensed Professional Counselor with over 10 years of experience working in a variety of settings including schools, military bases, and community health clinics. She is adept at utilizing a solution-focused approach to identify strengths in order to manage stressors and improve overall functioning. Jennifer is comfortable working with individuals as well as groups. She can be reached at Jennifer.L.Williams@Optum.com or 952.687.3104.



This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest ambulatory and emergency room facility. 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 all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

