

# EMPLOYEE ASSISTANCE PROGRAM

**Optum**

  
APPLIED MECHANICAL SYSTEMS, INC.



## If you have a lot on your mind, we're here to help

Your job is super stressful every day. Some days, it can feel like too much to handle on your own – especially if your personal life is causing stress, too.

In those moments, Emotional Wellbeing Solutions is here for you. It's a modern, flexible employee assistance program (EAP) that offers support for everyday life. Call anytime to speak with an Emotional Wellbeing Specialist who'll listen to your needs and connect you with resources that can help.



To learn more, scan the QR code or visit [liveandworkwell.com](https://liveandworkwell.com).

To find the right support for you, register with your HealthSafe ID® or enter your company access code:

**AMS**

24/7 availability | Confidential | No cost to you

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## Help is available over the phone or online, anytime

Emotional Wellbeing Specialists are available by phone to provide help with a range of life concerns and stressors, including:

- Relationship problems
- Stress, anxiety and depression
- Workplace conflicts and changes
- Eldercare support
- Parenting and family issues
- Legal and financial concerns

Call anytime to speak with an Emotional Wellbeing Specialist who'll listen to your needs and connect you with resources that can help. You can also access 3 counseling visits either in person or virtually with a provider in our large network – at no cost. All conversations are confidential, and we never share your personal records with your employer or anyone else without your permission. You can also access helpful resources online, anytime, at [liveandworkwell.com](https://liveandworkwell.com).

### Connect with Emotional Wellbeing Solutions



Sign in to [liveandworkwell.com](https://liveandworkwell.com)  
Register with your HealthSafe ID or enter your  
company access code: AMS



Or call us 24/7 at **855-205-9185**

Optum® Emotional Wellbeing Solutions is known as Employee Assistance Program (EAP) in California.

**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 is subject to change. Coverage exclusions and limitations may apply. Stock photo used.

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## Stress less, sleep better and live more mindfully

Give your wellbeing a boost with Calm, the top-rated wellness app.



Calm can help you tackle stress, get a good night's sleep and feel more present in your life. It's one of the most popular apps worldwide – and it's available at no cost to you as part of your benefits. With the convenience of an app, you can use Calm whenever it fits your schedule to work on whatever's most important to you.



### Relieve stress and anxiety

Explore practical tools, breathing exercises and quick courses designed to help you manage symptoms of stress and anxiety and help to settle them in the moment.



### Sleep better

Relax and fall asleep more easily with soothing sleep stories read by celebrities, meditations, natural sounds and exclusive music selections.



### Live more mindfully

Get daily mindfulness, wisdom and encouragement to quiet your mind, build healthy habits and nurture positivity with short, guided sessions and courses.

Available 24/7 | Confidential | No additional cost

### Ready to get started?

To register and download the app, scan the QR code for the Calm registration page and enter your company access code AMS



### Already have the Calm app?

1. Open the app
2. Go to: Profile > Settings > Link Organization Subscription
3. Enter organization code "Optum EWS"
4. In the "group code" field, enter your company access code AMS



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Calm and Calm Health should not be used for urgent care needs. If you are experiencing a medical emergency, call 911 or go to the nearest emergency room. If you are experiencing a non-life-threatening mental health crisis, call or text 988. Calm and Calm Health are not intended to diagnose or treat depression, anxiety or any other mental or physical health condition. The use of Calm or Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care or treatment of a health condition should be directed to your physician or health care provider. Calm and Calm Health are mental wellness products. Participation is voluntary and subject to the Calm and Calm Health terms of use.

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