



## Connect with your Employee Assistance Program

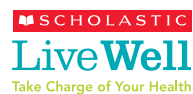
24/7. Confidential. No additional cost to you or your family members.



Call 1-866-808-6209



Visit [liveandworkwell.com](https://liveandworkwell.com)  
Enter company access code: **Scholastic**



**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.

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## Your Employee Assistance Program and WorkLife Services Benefit





Your Employee Assistance Program (EAP) and WorkLife Services are available to you and your family at no additional cost as part of your Scholastic benefits. This includes **24/7 access** to EAP over the phone and online. You can call and talk with a specialist who can help you with big and small challenges. Or you can use our web services, which are available in English and Spanish. Search self-help information, resource databases/directories, video programs, personal empowerment programs and thousands of articles online at [liveandworkwell.com](https://liveandworkwell.com).

## More information about what's available to you

### EAP services:

#### Face-to-face counseling

Eight visits available per event per year. Speak with a specialist who will listen to your needs and connect you to the appropriate resource, whether it's a clinician, counselor, mediator, lawyer or financial advisor.

#### Financial coaching from experts

Up to 60 minutes of consultation at no additional charge (provided in 30-minute increments) with a credentialed financial coach for each financial issue. Access to extensive legal and financial tools and library to take control of your finances.

### ID Theft Protection

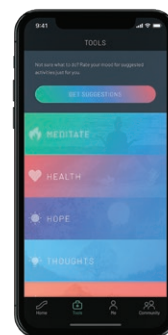
60 minutes of consultation with a Fraud Resolution Specialist who will conduct a seven step emergency response. Optum's ID Theft protection connects you to a specialist right away who can help you dispute fraudulent charges, restore your identity and take steps to avoid future losses.

### Legal counseling and mediation services

Free 30-minute telephonic or in-person consultation with a state-specific attorney or qualified mediator, per separate legal issue, via a national network of more than 22,000 attorneys and 630 professional mediators. Ongoing services are provided at 25% below the firm's current rates after the initial consultation.

### Sanvello

The Sanvello™ app offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Visit [liveandworkwell.com](https://liveandworkwell.com) and select the Sanvello tile under Popular tools to download the Sanvello app.



App Store is a registered trademark of Apple, Inc. Google Play is a trademark of Google LLC.

### Talkspace

Support when you need it — no appointments necessary. With Talkspace, you can reach out to a licensed, network Employee Assistance Program Provider, 24/7. To get started, call your Employee Assistance Program to obtain an authorization code or go to [Talkspace.com/connect](https://talkspace.com/connect) and click on "Use my insurance benefits."

### Virtual visits

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

## WorkLife Services:

### Adult and eldercare support

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

### Child and family support

- Childcare options
- Adoption resources
- Day/summer camps
- Emergency/sick childcare
- 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

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