



When you have a long
list of stressors – and a
longer list of to-dos

When you’re dealing with the pressures of everyday life,
Emotional Wellbeing Solutions is here for you.

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

Emotional Wellbeing Navigation Specialists are available
by phone to listen to your needs and connect you with
resources that can help with a range of life concerns and
stressors, including:

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

You can also access **3 coaching and counseling visits** either
in person or virtually with a provider in our large network —at
no cost.

These free services are available to all Crown employees and
any of their household members.

**Support for
everyday
life**



To learn more, scan the
QR code or visit
liveandworkwell.com
and enter the access
code: **crown**

Or call us today at
866-248-4096

**24/7
availability** | **Confidential** | **No cost
to you**

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.