

OPTIMA EAP

# Virtual Counseling

A new way to do EAP

**Did you know you can talk to a licensed, professional counselor without ever leaving home?**

Requesting virtual counseling is as simple as calling Optima EAP. One of our experienced Intake Coordinators will confirm eligibility, schedule an appointment, and email you with step-by-step instructions on how to access the session.

Our HIPAA-compliant platform is accessible through smartphone, tablet, or desktop computer/laptop and provides convenient, confidential access to our counseling services.

Be sure to choose a location that is free from distractions and ensures your personal privacy when accessing your virtual counseling benefit.



**Give us a call at 1-800-899-8174 to schedule an appointment.**

**Plus, visit [OptimaEAP.com](https://www.OptimaEAP.com) for a wide range of resources.**

**Optima Health**   
Employee Assistance Program