

OPTIMA EAP

A Call to Care



Over the course of the pandemic, you've probably experienced intense emotions that change moment to moment.

Anxiety. Anger. Burnout. Compassion Fatigue. Fear. Stress.

Optima EAP recognizes the impact of the pandemic and is invested in your emotional health through life coaching. Life coaching provides innovative ways to access convenient support, tools, and resources to build resiliency.

We hear you and are here for you.

Enroll to have an Optima EAP life coach reach out to you in free, 20-minute touchpoints.



Simply scan the QR code and sign up to have an Optima EAP life coach reach out to you.



Coaches can connect confidentially with you however you prefer—text, email, phone call, virtual video.



We offer flexible hours to meet the needs of all shifts.



Call us at 1-800-899-8174 or visit OptimaEAP.com for more resources.

Optima Health 
Employee Assistance Program