

A new way to do EAP!

Optima EAP is pleased to announce a new way to access EAP counseling. Employees and their dependent household members who call to schedule an EAP counseling appointment will be given the option of meeting a counselor in person or by having a virtual session.

The video counseling session will be done through a HIPAA compliant platform similar to that used by MDLive. The counseling will be provided by the Optima EAP Clinical Team and as always will be done at no cost. When calling in for an appointment, please request “virtual counseling” option. Please open the attached FAQ sheet for more information.



**Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals.
1-800-899-8174 or 757-363-6777**

Visit our EAP website at OptimaEAP.com for additional topics and information.

OptimaHealth 
Employee Assistance Program