

A Union Pacific freight train is shown traveling from left to right across a vast, open landscape. The train consists of several yellow locomotives and a long line of black freight cars. The lead locomotive is prominently displayed, featuring the Union Pacific logo and the number 3012. The background is dominated by a range of large, rugged mountains covered in a layer of snow under a clear blue sky. The foreground shows dry, yellowish-brown grass and some low-lying shrubs. The overall scene conveys a sense of industrial strength and the scale of the railroad's operations.

EMPLOYEE ASSISTANCE PROGRAM ACCESSING EAP SESSIONS FOR NONAGREEMENT EMPLOYEES

2022 EAP Benefits for Nonagreement Employees

6 Free Sessions Per Employee, Spouse and Eligible Dependents

- Spouse
- Child/Dependent up to age 26
- Eligible even if not covered under UPRR Insurance

3 Ways to Access Benefit

- Call EAP helpline at 800-779-1212
- Call Optum EAP Helpline 800-985-6903
- Online – register/sign in via Optum website (employees/spouses and dependents 18+ with own login)

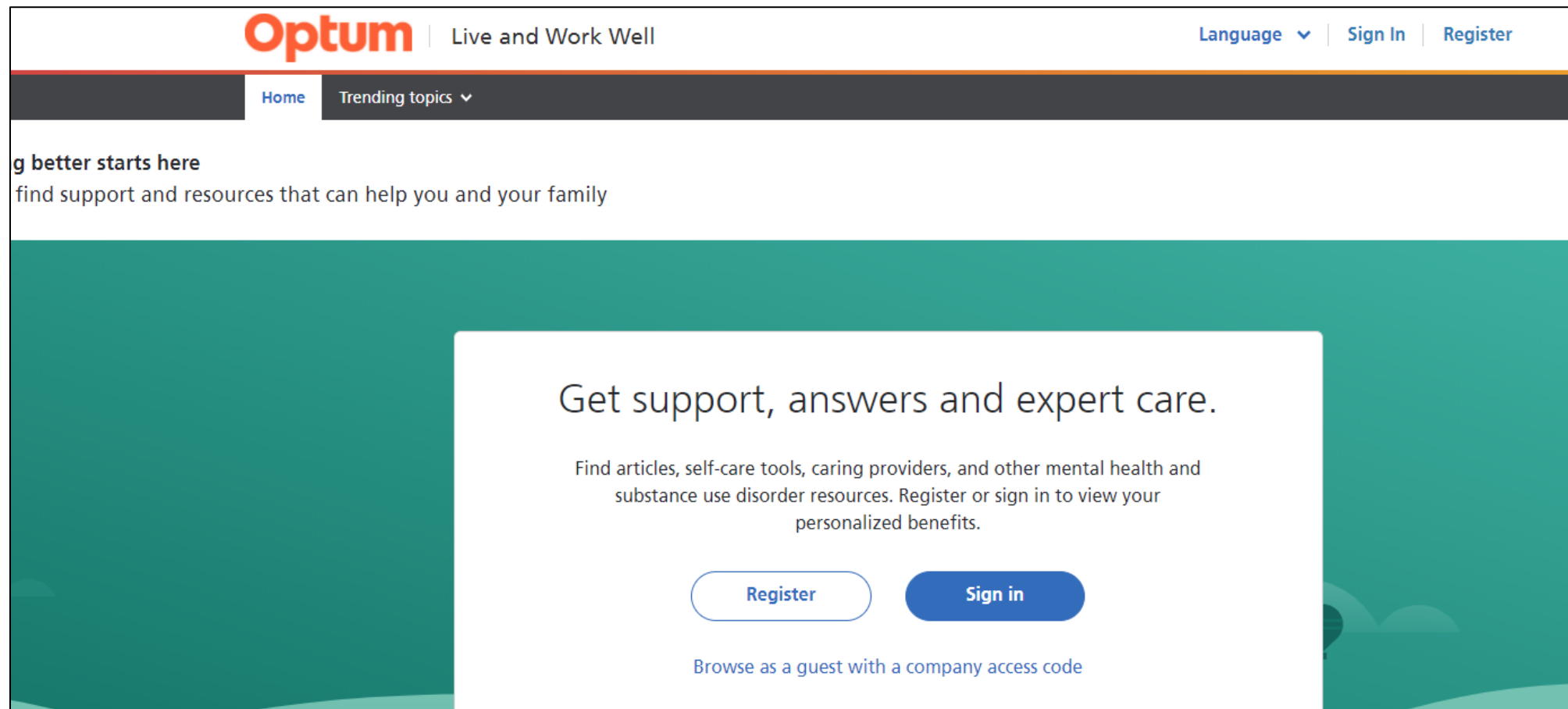
Sessions Available in Person or Telehealth

Logging In

[Live and Work Well : Welcome](#)

<https://www.liveandworkwell.com/content/en/public.html>

Register or sign in



Logging In

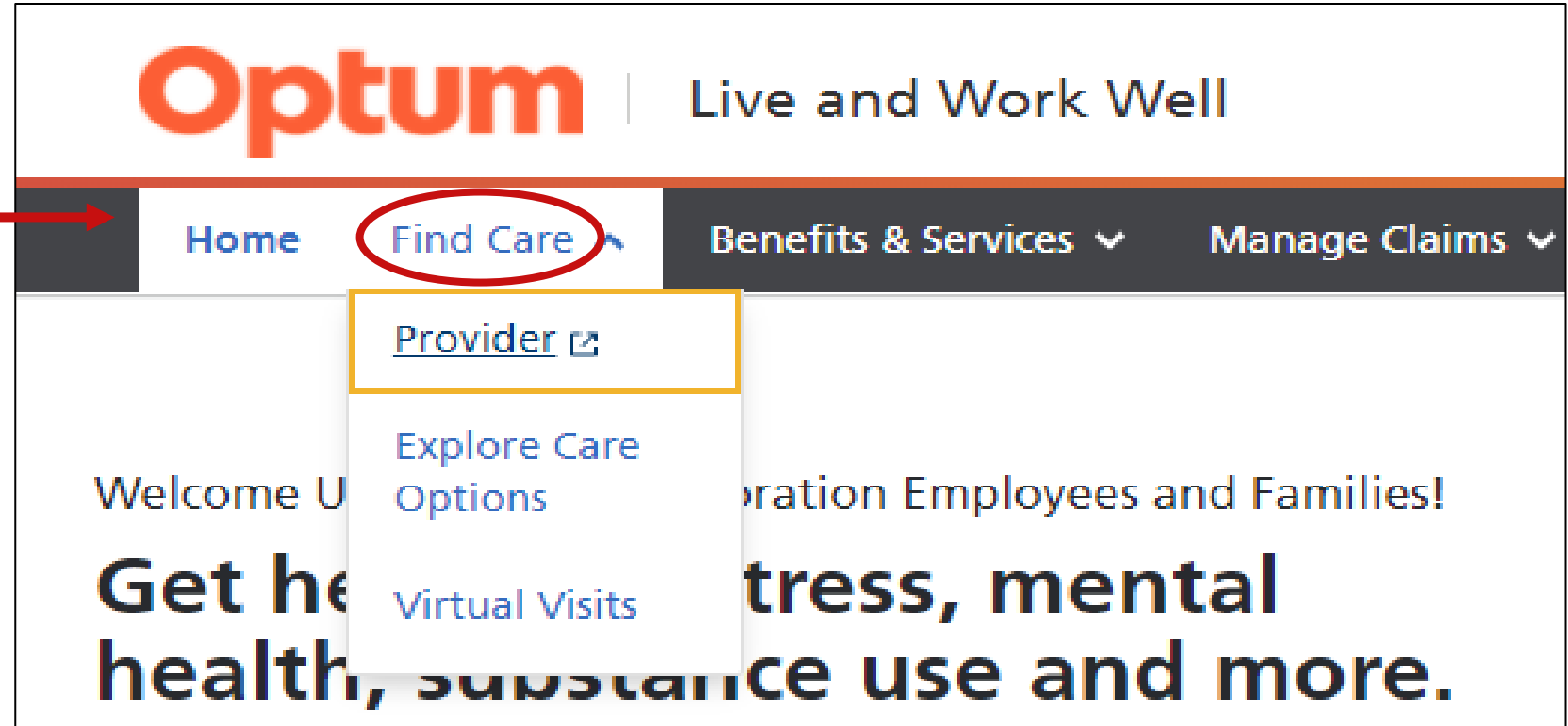
On the top bar Click on

Find Care

and select

Provider

this will open a new window



Logging In

Enter Zip Code



Find a Provider

Find therapists, psychiatrists, or other clinics in your network.


Search

You can filter by provider types and service descriptions on the next page.

**On the left-hand side, you will see
'Access your 6 no-cost counseling
visits'
click**

Learn how to get started





Access your 6 no-cost counseling visits

Get your code

[Learn how to get started](#)

Logging In

Click
Get Started

How it works

An authorization code works like a coupon code. To receive services at no additional cost to you, you'll need to get an authorization code – and share it with your EAP provider.

1

Get your code

You can request a code here, or you can call [1-800-985-6903](tel:1-800-985-6903) to get an authorization code

2

Find a provider

Use the provider directory on this site to search for the many different providers available to you. Search filters make it easy to customize your results. Your EAP helpline can also help you find a provider.

3

Give your provider your code

Be sure to give the code to your provider at the time you schedule an in-person visit. Or use the code in the authorization field when you schedule a virtual visit.

Get started

Logging In

**Click on
Request a Code**

Get no-cost visits with a code

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[Request a code](#)

[FAQs](#)

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Logging In

If
'None of the above'
apply

Choose your most
pressing concern
and select
Next

If no code
populates please
call
800-985-6903

Do any of these apply to you?

There are certain times when we can't give you a code online.

Check this list. If any apply to you, please call us at **1-800-985-6903**. You can reach us 24/7.

- ☐ I am seeking services for someone other than myself.
- ☐ I have already accessed my EAP visits this calendar year.
- ☐ I am seeking medication.
- ☐ I work in a safety sensitive position (truck driver, pilot, etc.).
- ☐ I am under the age of 18.
- ☐ I was referred by my manager or supervisor.
- ☐ I am in crisis.
- ☐ None of the above

What is your most pressing concern?

-- Select One --

Next