



40 years of SEAP. 40 years of support.

For everything from trouble sleeping or stress to financial, work or relationship concerns, the State Employee Assistance Program (SEAP) is here for you — since 1980. Connect with a specialist for resources, information and help dealing with life's challenges.

Four counseling sessions — either in-person or online through virtual visits — are covered at 100%. Call to speak with a SEAP specialist for assistance.

New in 2020: Connect with Sanvello, an app that offers clinically-tested techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Get personalized daily mood tracking, coping tools, guided journeys and community support.

To download the Sanvello app, visit liveandworkwell.com and enter with access code: Pennsylvania. Then select the Sanvello tile under Popular tools and click on "Join Sanvello now."



Get started with SEAP
1-800-692-7459, TTY 711

24/7 support is available for:

- Stress, anxiety, depression
- Workplace or relationship concerns
- Legal and financial issues
- Parenting support
- Substance use
- And more



Celebrating together

We're proud to share that SEAP is celebrating 40 years of providing assistance to our state employees.



OPTUM®

What to expect



No extra cost

SEAP services are included at no extra cost as part of your benefits.



24/7 availability

Call for support, anytime, plus explore online information, resources and tools.



Family support

Available to all State employees and their family and household members.



Confidentiality

All services are kept confidential in accordance with the law.



How it works



Connect

Call SEAP at **1-800-692-7459**, TTY 711, to speak with a licensed specialist for a confidential* consultation.



Learn

You'll learn what's included in your benefits, such as short-term counseling.



Explore

You'll be connected with resources to help keep life balanced — and we can even schedule an appointment for you.



*Confidential in accordance with the law.

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 is subject to change. Coverage exclusions and limitations may apply.

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