



## EAP On-Site

Aliso Viejo & Long Beach, CA

### EAP On-Site Consultations



Your quality of work/life balance is important to Fluor Corporation. We understand managing your home and career can be challenging. The EAP program offers confidential, free consultation for all of life's challenges including managing stress, caring for elderly parent, child rearing, relationships and legal or financial concerns. These issues can impact employee resilience and wellbeing. EAP can help with all of these challenges and more.

You are eligible for confidential consultation with an Optum On-site professional consultant.

Bob Brennan is scheduled Tuesday and Thursday 7:30am-3:30pm to help you with any challenges you may be facing at work or home.

Call 949-349-7857 or email [Robert.Brennan@Optum.com](mailto:Robert.Brennan@Optum.com) to schedule your confidential session.

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To schedule your EAP On-site appointment, call 949-349-7857 and request an appointment.

If you need to speak to an EAP consultant immediately, set up an off-site counseling appointment, or have questions about the EAP program, call Optum toll-free 24 hours a day at 1-800-788-5614 (TDD/TTY dial 711 and enter number above).

You can visit online at <http://liveandworkwell.com>, using access code fluor to access a broad range of articles, resources, interactive tools and tips including more information about your EAP services and behavioral health benefits.