Optum

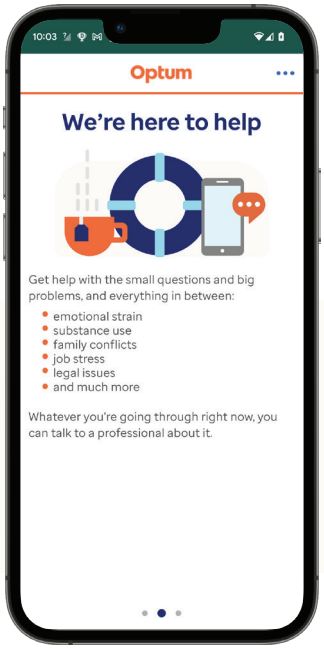
Opportunity. Diversity. Service.
HR
COUNTY OF SONOMA
HUMAN RESOURCES DEPARTMENT

# We're here to help

Life happens 24/7, and with the Optum Assist app, support is available for every moment. Use it to:

- Learn about your Emotional Wellbeing Solutions
- Talk with an Emotional Wellbeing Specialist
- Get 6 no-cost counseling sessions per issue, per year
- Find a provider and schedule an appointment
- Access videos and articles about anxiety, caregiving, parenting, relationships, depression and more

## Support for everyday life




**Download Optum Assist today.**

Log in with your company access code: Sonoma.

Download on the App Store

GET IT ON Google Play

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

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