



TRUE OR FALSE

FALSE.

Asking for help is one of the strongest things you can do.

FALSE.

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If you're feeling overwhelmed and are not sure what to do, your benefit offers confidential help and caring support, 24/7. Counselors, clinicians and other specialists are ready to help you with:

- Stress, anxiety and depression
- Relationship troubles
- Workplace conflicts
- Parenting and family problems

Real people. Real life. Real solutions.

Your Employee Assistance Program

866-248-4096

Or log on to liveandworkwell.com

Access code: PEBC

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.