



Jump over life's hurdles

START WITH ONE
EASY PHONE CALL

Employee Assistance Program

Let's face it—life is full of unexpected bumps in the road. But whatever your concern—whether it's researching child care, dealing with credit card debt or locating a family counselor—a call to the Medica® OptumHealthSM Employee Assistance Program (EAP) can help.

The EAP offers access to:

- Three in-person counseling sessions
- One 30-minute legal consultation
- 30- to 60-minute phone consultations with a financial advisor— one consultation per topic
- Child care and dependent care referrals
- Community resources

A conversation with an EAP specialist can help you sort out the details. Call us today—we are available 24/7 at **1-800-626-7944**.

Tailored support when you need it — it's free and easy.

For 24/7 assistance:

1-800-626-7944

TTY callers, please call 711 and ask for the number above.