



Are Everyday Challenges

Overwhelming?

Optum's member assistance program is there for you.

It can provide even the most basic of help - anything from elder care referrals to someone who can provide you with legal or financial help. All at **NO COST** to you.

Optum, through its member assistance program, provides you with the opportunity for 5 confidential counseling sessions without a co-pay.

These counseling sessions can help you:

- ▶ **Manage stress, anxiety and depression** ▶ **Resolve workplace conflicts**
- ▶ **Handle relationship troubles** ▶ **Work through parenting and family problems**
- ▶ **Find child and eldercare support**

Even if you are already seeing a counselor, you can use these sessions available to you. Call **(866) 248-4094** or log on to **liveandworkwell.com** for more information.

Use access code: **mpiphp**



OPTUM Real people. Real life. Real solutions.
A member assistance program for you.

