



*Living Healthy
Working Well®*

Living Your Best with a Chronic Condition



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

Your Mind and Body Wellness

Life with a chronic illness can be a daily challenge. When you have a long-term medical condition, it can be hard to cope with all the other aspects of life. Take the steps to improve your well-being!

Access your program for information about how to better manage a chronic condition. Getting help can benefit *all* aspects of your life.

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