



EAP BENEFITS



Employee Assistance Program
We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users
www.FOH4YOU.com

Give Yourself the Power!

Your program is so much more than a page in your benefits book. It's a time-saving, stress-relieving power tool! Your program features confidential counseling, information and referrals that can help you maintain your well-being and work-life balance. And it's provided to you by your employer at no cost.

Call today to find out how your program can give you the power to be healthier and happier, and get more from life.

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Living Healthy Working Well®