



WORK-LIFE BALANCE



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

*Enjoy a Full and
Balanced Life!*

Is your life out of balance?

Achieving balance means that you are dedicating the most time and energy possible to the aspects of your life that are important to you.

Access your Employee Assistance or Work-Life Program to learn practical tips on how to get the most out of the time you spend at work and at home.

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Living Healthy Working Well®

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