



*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® OptumHealth<sup>SM</sup> 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.

[medica.com/EAP](http://medica.com/EAP)