

Are anxious feelings keeping you from enjoying life?

Some mild anxiety is a normal part of everyday life. Deadlines at work, disagreements with friends or coworkers, and tense social situations can all make you feel uneasy. For some, however, feelings of anxiety can be overwhelming. If severe anxiety is interfering with your quality of life it may be time to seek help.

The master's-level specialists available at Medica® Optum® Employee Assistance Program (EAP) can help:¹

- Provide information to help you recognize the symptoms of severe anxiety.
- Offer support and tips on managing situations that might make you feel anxious.
- Help with creating a list of questions you may want to ask your doctor or mental health professional.

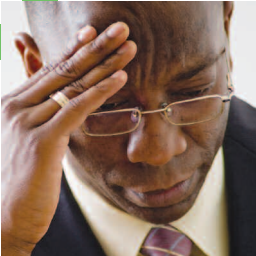
Call **1-800-626-7944** to speak with a Medica Optum EAP phone counselor at any time, 24 hours every day.

Discover all the valuable health and wellness programs for you at medica.com/managemyhealth.

¹If available through your employer

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