



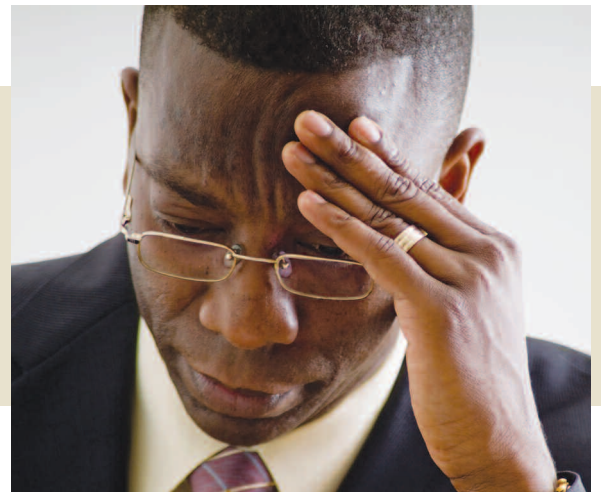
Feeling out of balance?

You know your body needs a balance of nutrition and activity to stay healthy. But what if your life is out of balance? Where do you go when you need personal and confidential advice about the issues and challenges you face daily?

Protect your life's balance. Call **1-800-626-7944** to speak with a Medica® Optum® Employee Assistance Program (EAP) phone counselor at any time, 24 hours every day. The master's-level specialists can provide information to help you with the big and small challenges of everyday life.

**Medica Optum
Employee Assistance Program
1-800-626-7944.**

*Confidential¹, personal and convenient –
and it's yours as a Medica member.²*



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¹Within the limits of the law.
²If available through your employer

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