



Answers. Support. Peace of mind.

Experience a free benefit for active state and municipal employees* — the Mass4YOU Employee Assistance Program. The program is designed to support your work-life balance by connecting you to resources that promote the overall well-being of you and your family.

When life throws a lot at you, Mass4YOU is here to help.



Call
1-844-263-1982



Visit
liveandworkwell.com
(access code mass4you)



Download the
Optum Assist mobile app
(access code mass4you)



It's free, confidential and available 24/7. Get support for:

- Financial or legal concerns
- Workplace or relationship issues
- Stress, anxiety or depression
- Child and elder care questions
- Help with alcohol, tobacco, gambling or drugs
- Parenting and family problems
- And much more

Mass**4****YOU**

Your Employee Assistance Program

Powered by Optum®

*Mass4YOU is available to all active state and municipal employees and their families eligible for GIC benefits.
© 2023 Optum, Inc. All rights reserved. WF9616102 75443A-022023 OHC