



Alongside you through life's challenges

Speak with a therapist, get self care, find a provider and discover financial and wellness tips.

Find 24/7 support 3 ways



Call
1-844-263-1982



Visit **liveandworkwell.com**
(access code **mass4you**)



Download the **Optum Assist**
mobile app (access code **mass4you**)



Your Employee Assistance Program
Powered by Optum®

WorkLife Services — whenever you need it

Mass4YOU: Your Employee Assistance Program offers help when you need it. Call to speak confidentially* with a specialist to get referrals or prior approval for a variety of services. Plus, you can go online to search for a provider and find other resources. Available to all active state and municipal employees and their families eligible for GIC benefits.

Get support for:

- Financial or legal concerns
- Stress, anxiety or depression
- Parenting and family problems
- Workplace or relationship challenges
- Issues with alcohol, tobacco, gambling or drugs
- Much more

Free. Confidential.* Available 24/7. Mass4YOU: Your Employee Assistance Program

*Confidential in accordance with the law.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions may apply. © 2023 Optum, Inc. All rights reserved. WF9616102 83175B-022023 OHC



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