



# YOU, supported

## When you want 24/7 access

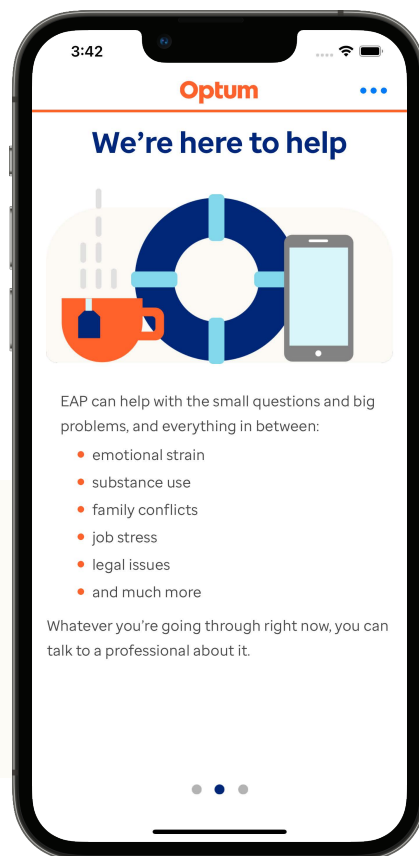


Life happens 24/7, and with the Optum Assist app, support is available for every moment. Use it to:

- Learn about your Employee Assistance Program (EAP)
- Talk with an EAP specialist
- Get 5 no-cost counseling sessions per issue, per year
- Find a provider and schedule an appointment
- Access videos and articles about anxiety, caregiving, parenting, relationships, depression and more

**Download Optum Assist today.**

Log in with your company access code BOX.



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