



Calm, cool and collected on the outside. Inside is another story.

No matter how you're feeling, you put on a good face for others. But oftentimes there are other emotions behind that facade. For those times, your Employee Assistance Program is available to help. It's a personal support service that can assist you with a range of needs. With a little relief, the self you show can be a lot closer to how you really feel.

Connect with your Employee Assistance Program.

24/7. Confidential. No cost to you.



When life is throwing a lot at you, connect with someone who can help.

Experienced consultants are available 24/7 for support, guidance and resources to help you navigate small questions and big problems related to a range of issues, including:

- ▶ **Relationship problems**
- ▶ **Workplace conflicts**
- ▶ **Parenting and family issues**
- ▶ **Stress, anxiety and depression**
- ▶ **Elder care support**
- ▶ **Legal and financial concerns**

EAP provides up to 3 sessions with an experienced consultant for each issue or problem at no cost to you, and the benefit renews each calendar year. We're here to help you and your family get the most out of life.

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24/7. Confidential. No cost to you.

Call

1-800-622-7276

Visit [Liveandworkwell.com](https://liveandworkwell.com)

Enter company access code: PGTI

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest ambulatory and emergency room facility. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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