



Make everyday life a little easier. We'll help.

Life can be full of ups and downs. We're here to support you through it all, 24 hours a day. Call **Here4TN** for help:

- ▶ Dealing with relationship or parenting challenges
- ▶ Finding resources like dog sitters, electricians and daycare providers
- ▶ Managing stress, depression or anxiety
- ▶ Getting support for substance use
- ▶ Accessing discounted legal services
- ▶ Scheduling up to five confidential counseling sessions per issue, per year at no additional cost to you*

"The specialist who took my call was an angel. She not only listened to me, but she also gave me what I desperately needed: **direction and hope.**"

Talk with a specialist who cares, 24/7:

855-Here4TN
(855-437-3486)

Or visit:

[Here4TN.com](https://www.here4tn.com)



Simply scan this QR code with your phone to get started.

Optum

**PARTNERS
FOR HEALTH**

*Here4TN Employee Assistance Program (EAP) services are available to you and your family at no extra cost as part of your benefits.

State and Higher Education: EAP services are available to all benefits-eligible employees and their eligible family members, even if they are not enrolled in medical insurance.

Local Education and Local Government: EAP services are available to employees who are enrolled in medical insurance. Dependents are eligible even if they are not enrolled in medical insurance.

Note: The five EAP visits per year, per issue are per individual. Members are ineligible for EAP visits while they are currently receiving Behavioral Health Services.

All members (employees and dependents) enrolled in medical insurance are also eligible for behavioral health benefits.

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. 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 its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

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