

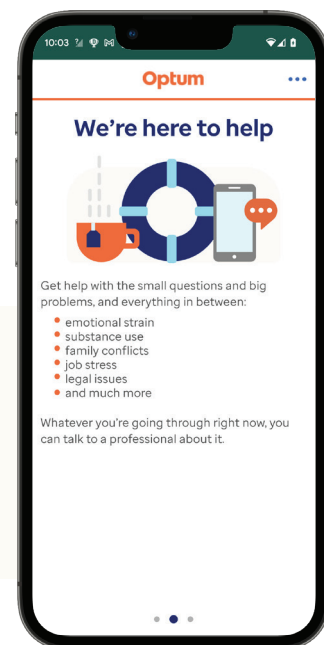


# We're here to help

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
- Talk with an Emotional Wellbeing Specialist
- Get 6 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

# Support for everyday life



**Download Optum Assist today.**

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