



Life Begins at Retirement

The adventure continues; seize life's golden opportunities. As you venture into the next chapter of life and begin planning for retirement, think of it as an exciting fresh start. Take good care of yourself—physically, mentally, and financially—to ensure your retirement will be a meaningful time of relaxation, independence, and opportunity.

Your Employee Assistance Program (EAP) can help you emotionally and financially prepare for this next stage of your life through:

- **In person, short-term counseling** from licensed counselors.
- **Online information and interactive tools** on retirement planning, coping with stress and anxiety, financial advice, and other useful topics.

Employee Assistance Program
24 HOURS A DAY

1-800-222-0364

(TTY: 1-888-262-7848)

FOH4You.com



PSC

EAP
We care, just call.



**FEDERAL
OCCUPATIONAL
HEALTH**

Services are offered as a **FREE** benefit to you and your family members, and are confidential within the limits of the law.