



# Welcome to a Better You

**Kick off the New Year right by making a happy, balanced life your top priority.** Take advantage of the Employee Assistance Program (EAP) benefits to enhance your emotional wellness and help turn your resolutions into reality.

The program can help you start fresh on your way to a happier and healthier you. So reach out today for confidential advice on making emotional wellness and balance top priorities this year. The EAP offers:

- **In person, short-term counseling** on a wide range of personal and work-related concerns from licensed counselors.
- **Online information and interactive tools** on topics such as: stress and coping, family issues, personal and emotional difficulties, finances, and living a healthy lifestyle.

Employee Assistance Program  
24 HOURS A DAY

**1-800-222-0364**

(TTY: 1-888-262-7848)

**FOH4You.com**



**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.