

GET THE MOST OUT OF YOUR DAY

Organize your life for better balance

We all wish there were more hours in the day. But we can find convenient solutions for balancing our lives—at and away from the office—through effective time management.

Your Employee Assistance Program makes finding a healthy balance easy through FREE stress-busting guidance to resources for taking on your professional and personal responsibilities, including:

- In person, short-term counseling from licensed counselors.
- Online information and interactive tools on coping with stress, balancing work and family, and more.

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24 HOURS A DAY

1-800-222-0364

(TTY: 1-888-262-7848)

FOH4You.com



FEDERAL
OCCUPATIONAL
HEALTH

Services are confidential and offered as a FREE benefit from your agency to you and your family members.