



Work Smarter!

Time may be difficult to control, and this can add stress to your day. There are many ways people can be efficient with their time.

Access your program tips to learn how to manage your time better. Time management not only affects work, it also has an impact on your family/home life.



Employee Assistance Program
We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users
www.FOH4YOU.com