

NOW LIVE

## Mass 4 You - Your Employee Assistance Program

A free confidential work/life program for GIC employees



Get ready for a new benefit that is so much more than an employee assistance program. It's a friendly and confidential service that provides a wide range of resources to help you manage your life.

Get answers and support for the many ways life can stress you out:

Where can I find the best daycare?

I need a lawyer - what do I do now?

Optum is a health and well-being company that serves more than 60 million people each year. Optum has work/life specialists, counselors, and well-being specialists on hand to offer guidance and support to employees and their families.

[more information >>](#)

# Sometimes, we can all use a little help.

For professional support — any time — make just one call.

There are hundreds of ways life can stress you out. One quick call to the new Employee and Work/Life Ass the door to hundreds of real-world solutions:

## Adult and Eldercare Services

- Adult day care programs/caregiving
- Grief and loss counseling
- In-home/nursing care options

## Child, Family and Parenting



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions may apply.

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