

Answers to questions big and small.

Wouldn't it be nice to have a personal assistant to help you with your busy life? Good news! You have one with **Mass4You**.

Mass4You is a new Employee Assistance Program brought to you by the Group Insurance Commission (GIC) and the Commonwealth of MA, powered by Optum. **Mass4You** is a friendly and confidential service that provides a wide range of resources for any life situation.

Need a rental car? Meals delivered to your home? A pet-friendly hotel? We can help.

Save precious time — let us do the research for you.

Our program specialists will search and verify services for you. We will get you pricing, professional credentials and contact information. Here are just a few of the ways **Mass4You** can help you and your family:

- ▶ WorkLife services referrals
- ▶ Financial and legal help
- ▶ Child, family and parenting support
- ▶ Stress Management

Get support **when times are tough.**

Our **Mass4You** Employee Assistance Program (EAP) can help you with family concerns, financial issues, separation and divorce, substance abuse, stress and anxiety, and more. Call to speak confidentially with a specialist to get referrals or prior approval for services. You may also visit liveandworkwell.com to search for a provider.

Substance Use Treatment Helpline

Identifying substance use disorders can be confusing. Call the toll-free Substance Use Treatment Helpline at **1-855-780-5955**



Your Employee Assistance Program

Talk with a specialist
who cares, 24/7

1-844-263-1982

For the deaf and hard of hearing,
TTY support is available by dialing
711+1-844-263-1982

Unlimited telephonic consultations and referrals. Receive three in-person or virtual visits if you need to see a provider.

Visit **liveandworkwell.com**
and use the access code **mass4you**.

- Provider search
- Well-being tools, articles and videos
- Obtain EAP Authorization for 3 In-Person or Tele-EAP Counseling Visits

Download the **myliveandworkwell**
mobile application and use access
code **mass4you**.

Available to all active state and municipal employees
and their families eligible for GIC benefits.



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. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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Get support. Save time. Enjoy life.

Get referrals to WorkLife Services with one quick call to **1-844-263-1982**.

We have 100+ ways to help you manage your life, including:



PERSONAL SERVICES

- Dining
- Entertainment
- Household services
- Pet services
- Recreation
- Relocation
- Repair: auto, home
- Shopping
- Travel
- Yard and lawn care



CHILD, FAMILY AND PARENTING SUPPORT SERVICES

- Adoption
- Before- and after-school programs
- Childcare options
- Help with parenting questions
- Infertility resources
- New parent support groups
- Prenatal services
- Special needs care
- Summer camps and activities



EDUCATIONAL RESOURCES

(from kindergarten through adult)

- Adult education classes
- At-risk youth programs
- College solutions
- Career consulting
- Home schooling
- Nursery schools
- Private school resources
- Sports and recreation programs



ADULT AND ELDERCARE SUPPORT SERVICES

- Adult day care programs
- Alzheimer's and related disorders
- Community programs
- Elder abuse
- Financial issues
- Grief/loss
- In-home/nursing care options
- Retirement planning
- Skilled nursing facility information



CHRONIC ILLNESSES AND CONDITIONS SUPPORT SERVICES

- Advocacy
- Affordable housing
- Caregiving resources
- Condition-specific support
- Food service and nutrition help lines
- Living with a disability
- Remodeling for accessibility
- Transportation
- Work issues

We're here to help.

Call any time.

1-844-263-1982



Your Employee Assistance Program