## **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 petfriendly 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 supportStress 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

-844-263-1982

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

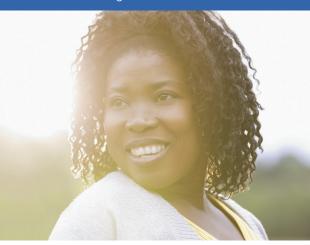
Unlimited telephonic consultations and referrals. Receive three in-person or virtual visits if you need to see a provider.

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.





### 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 afterschool 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