



Make everyday life a little easier. We'll help.

Life can be full of ups and downs. We're here to support you through it all, 24 hours a day. Call **Here4TN** for help:

- ▶ Dealing with relationship or parenting challenges
- ▶ Finding resources like dog sitters, electricians and daycare providers
- ▶ Managing stress, depression or anxiety
- ▶ Getting support for substance use
- ▶ Accessing discounted legal services
- ▶ Scheduling up to five confidential counseling sessions per issue, per year at no additional cost to you*

"The specialist who took my call was an angel. She not only listened to me, but she also gave me what I desperately needed: **direction and hope.**"

Talk with a specialist who cares, 24/7:

855-Here4TN
(855-437-3486)

Or visit:

Here4TN.com



Simply scan this QR code with your phone to get started.



Here4TN Emotional Wellbeing Solutions is available to you and your family at no extra cost as part of your benefits. The five Emotional Wellbeing Solutions visits per year, per issue are per individual. Members are ineligible for Emotional Wellbeing Solutions visits while they are currently receiving Behavioral Health Services.

State and Higher Education: Emotional Wellbeing Solutions services are available to all benefits-eligible employees and their eligible family members, even if they are not enrolled in medical insurance.

Local Education and Local Government: The following Emotional Wellbeing Solutions services are offered to employees who are enrolled in medical insurance. Dependents are eligible even if they are not enrolled in medical insurance.

All members (employees and dependents) enrolled in medical insurance are also eligible for behavioral health 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. Consult with your clinician for specific health care needs, treatment or medication. 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 are subject to change. Coverage exclusions and limitations may apply.

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