Here to support you through life's challenges

Mass4YOU is an 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 free resources for any life situation.

Let us do the research for you

Here are just a few of the ways **Mass4YOU** can help you and your family:

- WorkLife Services referrals
- Child, family and parenting support
- Financial and legal help
- 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 **supportfinder.optum.com** to search for a provider.

Mass 4 YOU

Your Employee Assistance Program

Powered by Optum®

Connect to Mass4YOU in 3 convenient ways

Call
1-844-263-1982

Scan the QR code or visit **supportfinder.optum.com**
(access code **mass4you**)

Download the **Support Finder** progressive web app: Open mobile browser and type **supportfinder.optum.com/mass4you** to get started
(access code **mass4you**)

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:

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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 ILLNESS 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

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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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