

Simplify your everyday challenges.



Start with Here4TN

Whether it's getting help with legal concerns like creating a will, getting support for a family member with substance use concerns or finding a dog sitter so you can go on vacation, Here4TN can connect you with convenient, trustworthy support that's available as part of your benefits. Call 24/7 to talk with a specialist who cares.

WorkLife Services

WorkLife helps make life a little less stressful by connecting you with the following:

- ▶ Child, family and parenting support services
- ▶ Education resources from kindergarten through adult
- ▶ Adult care and eldercare support services
- ▶ Chronic illness and condition support services
- ▶ Discounted legal services
- ▶ Personal services such as finding a plumber or concert tickets

Employee Assistance Program (EAP)

Everyday issues can be a challenge. But you're not alone. The EAP offers five confidential sessions per problem, per year to help with topics including:

- ▶ Depression, anxiety and stress
- ▶ Living with chronic conditions
- ▶ Childcare and eldercare support
- ▶ Sleep disorders
- ▶ Substance use issues
- ▶ Relationship and family counseling

Call to speak confidentially with a specialist or to get referrals or prior approval for services, including virtual visits.



CHILD, FAMILY AND PARENTING SUPPORT SERVICES



EDUCATIONAL SERVICES



ADULT CARE AND ELDERCARE SUPPORT SERVICES



CHRONIC ILLNESSES AND CONDITION SUPPORT SERVICES



PERSONAL SERVICES

Talk with a specialist who cares, 24/7

855-Here4TN
(855-437-3486)

Or visit

Here4TN.com

We're here to help. Call anytime.
855-Here4TN (855-437-3486)



Take Charge at Work

Trouble concentrating? Feeling sluggish? This may be a sign of something more. Take Charge at Work can help you recognize and manage stress and depression at your workplace. Start with an assessment, and then work with a coach to create a personal plan. Call **855-Here4TN** (855-437-3486) to see if you are eligible or visit Here4TN.com for more information.

Behavioral Health Services

Optum is your behavioral health benefits administrator. Call **855-Here4TN** (855-437-3486) or visit Here4TN.com for more information and to search for in-network providers. You can also schedule a virtual visit with a psychiatrist or therapist using secure videoconferencing technology to connect you with behavioral health providers in real time through the internet. To get more details about what is covered and how the benefits work and to view your member handbook and plan documents for behavioral health and substance use benefits, visit tn.gov/partnersforhealth.

Substance Use

If you or someone in your family has substance use concerns, connect with a highly trained and licensed advocate at Here4TN. Your advocate will talk with you about your concerns and your unique situation, answer your questions, help create a personalized treatment plan and help with family support. The service is completely confidential.* Your personal information will be kept private at all times.



*This program is confidential in accordance with the law.

Please note: While WorkLife Services and all referrals are included as part of your benefits, you will have to pay for any WorkLife Services you decide to use. Our specialists cannot book or purchase services on your behalf. This is an educational referral-based service only. Certain services may not be available in some benefit plans. Consult your benefit plan to know what is available.

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.

Benefits Administration does not support any practice that excludes participation in programs or denies the benefits of such programs on the basis of race, color, national origin, sex, age or disability in its health programs and activities. If you have a complaint regarding discrimination, please call 866-576-0029 or 615-741-4517.