



# Coping With Anxiety During COVID-19

## BHO EAP Orientation and Webinar Schedule

Feel less stressed and more in control, connected, hopeful and safe during this pandemic. Join Behavioral Healthcare Options (BHO) for an upcoming 15-minute orientation and/or a webinar to learn more about the Employee Assistance Program (EAP) available to you.



### 15-minute orientations:

**Monday, October 12, 2020 at 2 p.m. and 6 p.m.**

**Tuesday, October 13, 2020 at 6 a.m. and 2 p.m.**

**Wednesday, October 14, 2020 at 7 a.m. and 4 p.m.**

**Thursday, October 15, 2020 at 6 a.m. and 6 p.m.**

Please email **Mayra.Maldonado1@optum.com** or **Wilda.Cielo1@uhc.com** a day in advance and include the date and times you would like to attend.

### A webinar will also be available on the following dates:

**Wednesday, October 14 at 6 p.m.** Click here: <https://bit.ly/3lgjnCW>

**Friday, October 16 at 4 p.m.** Click here: <http://bit.ly/36lahe3>

Or you can email **Rebecca.Sultan@uhc.com** to get the link to attend.



BEHAVIORAL HEALTHCARE OPTIONS, INC.<sup>SM</sup>