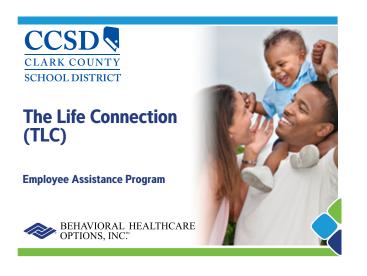


Coping With Anxiety During COVID-19 BHO EAP Orientation and Webinar Schedule

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.



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