



# Need support? We've got your back.

Physical and emotional well-being support is on duty 24/7.



Call us 24/7 at  
**1-888-784-6634**

## Free Hometown Heroes Assistance Program Resources

We're here to help Minnesota firefighters — and their families — stay healthy.

### **MnFIRE Assistance Program (MAP)**

- Up to 5 no-cost yearly personal and confidential sessions with trained professionals.
- Also matched with a trained peer supporter.
- If you are in crisis or need support, call **1-888-784-6634** or visit [mnfireinitiative.com](http://mnfireinitiative.com).

### **MnFIRE Critical Illness Program**

- A free insurance policy providing up to \$20,000 towards expenses after a diagnosis of cancer, cardiac or other critical illnesses.
- To file a claim, call **1-888-784-6634** or visit [mnfireinitiative.com](http://mnfireinitiative.com).

### **MnFIRE Awareness Training**

- Ongoing, free annual training to keep you up to date on occupational health risks.
- Basic awareness training and deep-dive sessions covering cancer, emotional trauma and cardiac.
- Sign up at [mnfiretraining.org](http://mnfiretraining.org).

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest ambulatory and emergency room facility. 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 all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

Critical illness insurance is issued by Securian Life Insurance Company, a New York authorized insurer headquartered in St. Paul, MN.

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