

Simple and straightforward answers.
Caring and confidential guidance —
anytime. Individual and family support.

Connect with your
MnFIRE Assistance Program.

24/7. Confidential. No cost to you.



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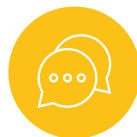
24/7. Confidential. Available to you and your household at no cost.
All records are kept confidential in accordance with federal and state laws.



Register and log in today:

liveandworkwell.com

Enter access code: MnFIRE



Or call us 24/7 at:

1-888-784-6634

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.

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Feeling
overwhelmed?
—
We're here
to listen.



When you're dealing with the pressures of everyday life — and the high stress that comes with being a firefighter — it's easy to put yourself second. You put on a good face, hiding the true emotions you're feeling.

In those moments, your MnFIRE Assistance Program (MAP) is available for help. It's a personal support service with experienced specialists trained to give you support, guidance and resources to navigate your unique situation. The specialist you speak with will listen to your needs and connect you to the appropriate resources.



To get started, scan the QR code or visit liveandworkwell.com.

Access code: MnFIRE

You and your family have confidential support. For any emotion. For any concern. You have support.

Your MnFIRE Assistance Program is here to help you and your family navigate life's challenges. Any member of your household, including children living away from home, can access the interactive website or contact a consultant. We're ready to provide guidance for small questions and big problems so you can focus on other things.

Confidential help is available over the phone or online, anytime.

Our team of experienced specialists is available by phone or online 24/7 to provide help with a range of life concerns and stressors, including:

- **Traumatic calls**
- **Stress, anxiety and depression**
- **Relationship problems**
- **Eldercare support**
- **Parenting and family issues**
- **Substance use and addiction**

When you speak with a specialist, you'll receive immediate help or be directed to one of our network providers for a no-cost, face-to-face consultation. All conversations are confidential, and we never share your personal records with your employer or anyone else without your permission.



Call us 24/7
for immediate support at
1-888-784-6634



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