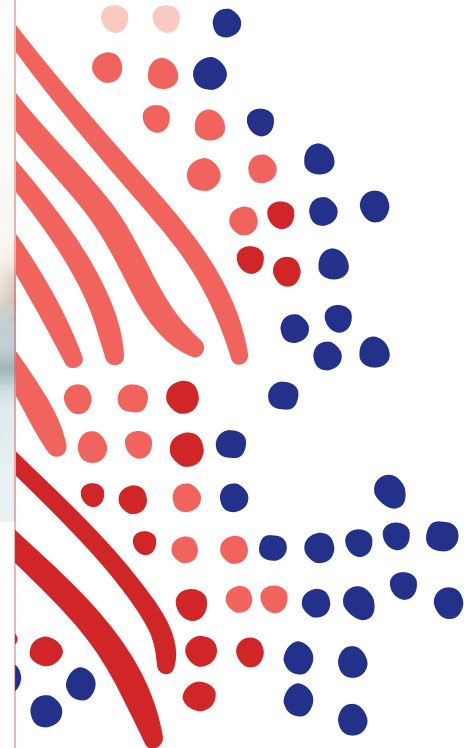


# Get the most out of life

We have personalized support, tips & tools to help



Always Designing  
for People™



## Emotional health guidance

Focusing on self-improvement and making yourself a priority is important for everyone. Specialists are available 24/7 to provide the tools and support that will help you reach your goals and live your best life. You and your household members can contact us for access to 3 free confidential counseling sessions either face-to-face or on the phone.

### What can you do to improve yourself?

- Start your week off with optimism
- Build your self-esteem
- Increase your happiness
- Take care of yourself everyday
- Turn your goals into reality
- Change your negative thoughts

Call toll-free,  
24 hours a day

**1-866-574-7256**

(1-800-873-1322 TTY).

Please mention your affiliation with ADP TotalSource.

**Log in to ADP TotalSource®** and click Myself > Benefits > EAP.

LifeCare®