



The Big Picture

Everyone struggles with time management now and again. View the structure of your day through a different lens – the big picture.

EAP can help you take back control of your calendar. Call today.

**24
HOURS
A DAY**

(800) 222-0364
TTY: (888) 262-7848
FOH4YOU.COM

The EAP is a voluntary and confidential employee benefit available to federal employees and their family members at no cost.

EAP
FOH4You.com

PSC |  Federal
Occupational
Health
U.S. Department of Health and Human Services