Whether the issue is large or small, simply call the toll-free number on this brochure, any time of day or night. A professional will work with you to design solutions that suit you. We have helped people achieve:

- Work/life balance
- Fulfilling relationships
- Healthy living
- Recovery
- Financial stability
- Sound mental health
- Personal growth
- Professional success

The MAP can help you head off an issue before it becomes a problem. It can also help you manage life events such as marriage, divorce, the birth of a child or retirement.

You can meet with someone in person or over the phone. You also can explore our award-winning Web site, Achieve Solutions®, for up-to-date information and interactive tools on 200 topics including depression, stress and alcohol.

Your Member Assistance Program (MAP) Resources, Referral and Counseling Services for personal success:

- Work/life balance
- Fulfilling relationships
- Healthy living
- Recovery
- Financial stability
- Sound mental health
- Professional success
- Child and elder care

The MAP upholds strict confidentiality standards. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents the MAP with a legal obligation to release information.

(800) 331-4824

To access Achieve Solutions®, go to: www.achievesolutions.net/iuec

This brochure is for informational purposes only and does not guarantee eligibility for program services. ValueOptions® services do not replace regular medical care. In an emergency, seek help immediately.
Valuoptions

1-800-331-4824
Contact your MAP for confidential counseling.

Days a Year:
24 hours a day, 365
The MAP at any time
members can access you and your family.

Communally challenges, including: abuse, domestic violence,
Guidance on legal and financial.

In addition to these core services, your
Additional Services

- Change and transition
- Workforce retraining
- Income and employment
- Housing and relocation

Representatives and managers
for local business

Help anytime, anywhere.