**Subject line:**

Caring for kids and older adults at the same time?

**Email:**

These days, a lot of people are caring for their parents or another older adult at the same time they’re caring for their kids. It’s a big challenge that’s led to the term “sandwich generation.”

If you’re balancing these two roles, check out the attached flier for tips. And reach out to **Here4TN** for support whenever you need it. Available 24/7, it offers:

* Confidential support from master’s-level specialists — at no additional cost\* to you
* Five online or in-person counseling sessions per issue, per year at no cost\* to you
* Help from **WorkLife Services** finding daycare and educational resources and locating eldercare services in your community

**Be sure to care for yourself too.**

**Call 855-Here4TN (855-437-3486) anytime.**

**Or visit Here4TN.com.**

**\*Here4TN** Employee Assistance Program (EAP) services are available to you and your family at no extra cost as part of your benefits. The five EAP visits per year, per issue are per individual. Members are ineligible for EAP visits while they are currently receiving Behavioral Health Services.

State and Higher Education: EAP services are available to all benefits-eligible employees and their eligible family members, even if they are not enrolled in medical insurance. Local Education and Local Government: EAP services are available to employees who are enrolled in medical insurance. Dependents are eligible even if they are not enrolled in medical insurance. All members (employees and dependents) enrolled in medical insurance are also eligible for behavioral health benefits.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** 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 its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.