



Free • Confidential • 24/7

# The value of time off

Taking time away from work and day-to-day routines helps reduce stress and improve well-being. Your Employee Assistance Program (EAP) benefit offers tips and resources to help you rest and recharge.

To learn more about the resources available and to find support, contact us today.

800-432-5155  
[bcbsmn3.mybeaconwellbeing.com](https://bcbsmn3.mybeaconwellbeing.com)