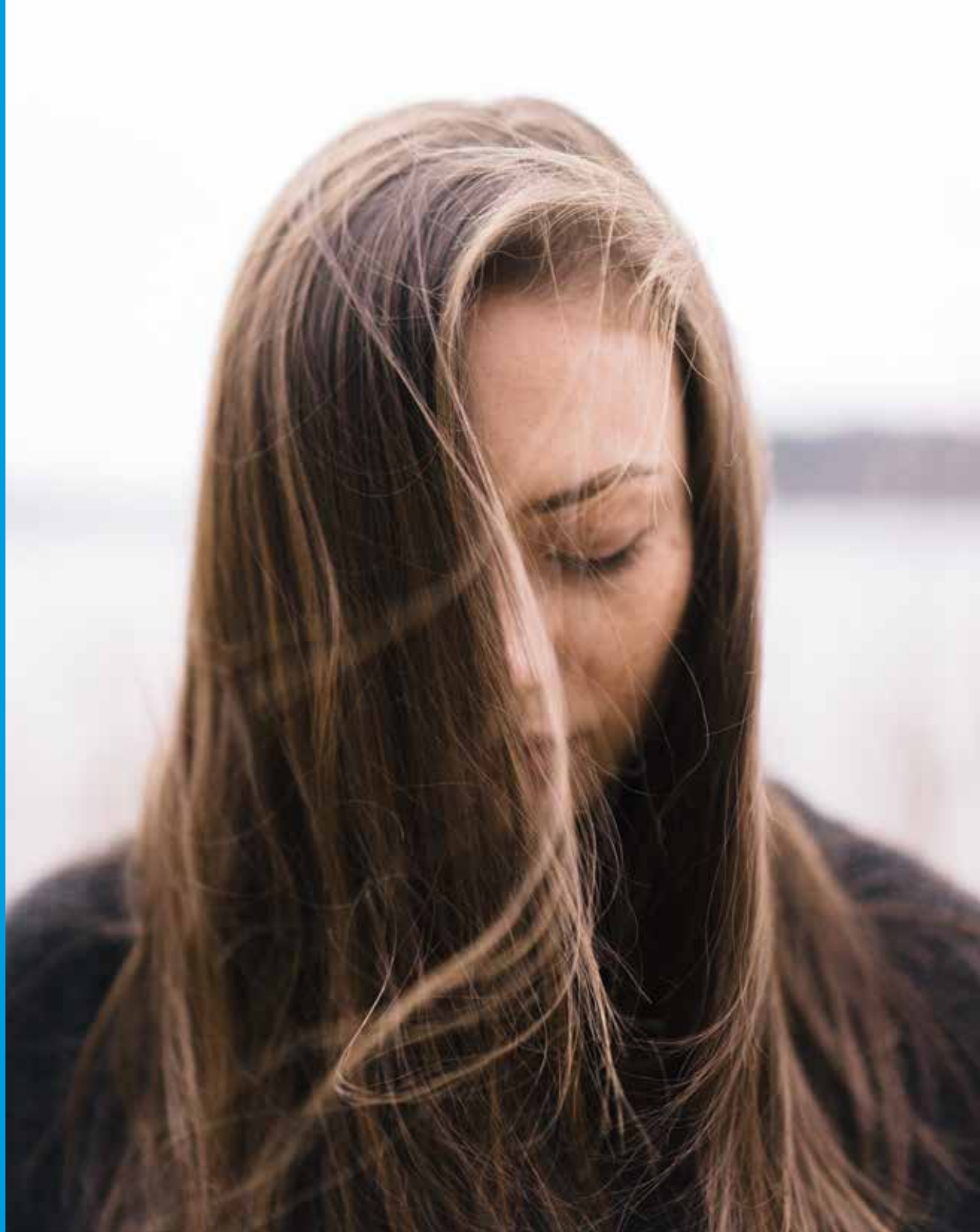


Personal issues and stressors can be a **major distraction throughout the day. No matter how big or small, the more these issues linger, the more overwhelmed we can feel.**

Introducing our new **Employee Assistance Program (EAP)**, **Thrive**, offered to you as part of your benefits plan with MetLife. **Thrive** will help you with personal issues, planning for life events, or simply managing your daily life.

Thrive provides **confidential** counseling services and support for pretty much any issue you face, whether at home or at work, at no cost to you.

Your **Thrive** toll free number is just around the corner.



Navigating life together