



Wellness Tips for **HYBRID EMPLOYEES**

Today's modern work arrangements offer more telework options.
Call your Employee Assistance Program (EAP) for advice on
balancing your hybrid work schedule and your well-being.



(800) 222-0364

**24
HOURS
A DAY**

[FOH4YOU.COM](https://www.foh4you.com)

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