

LET US HELP

Toll-Free: 1-877-313-4455

Website: [eap.wa.gov/worklife](https://helpwhereyouare.com/CompanyLogin/1669/DESWA)

Your Work/Life Access Code (to logon): <ASD>

The letters "eap" are below a radiating sun which contains a person with upraised arms

As you age, taking care of your health becomes more important. Things like eating well, staying active, and regular doctor visits can make a difference in your overall health. Think about building simple changes into your life, start today!

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**YOUR EMPLOYEE SUPPORT PROGRAM**

**Aging With Grace**

JUNE 2025

**JANUARY 2024**