## Subject line options

Struggling to get through work?

Focusing on everything but work?

## Headline

Start feeling better with **Take Charge at Work**

## Body copy

Work is just one part of our lives, and it’s normal to think about our relationships and what we need to grab at the grocery store during the workday. But sometimes, what’s going on in our lives, and the emotional challenges we’re dealing with, can make focusing seem nearly impossible. **Take Charge at Work** may help.

Start with a quick, confidential online quiz to find out if you’re at risk for depression. If you qualify, you can work with a coach to create a personalized plan, so you can start feeling better.

Visit [**Take Charge at Work**](https://www.takechargeatwork.com/content/tcaw/here4tn/en/landing.html) today.

**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 is subject to change. Coverage exclusions and limitations may apply.