

Of course, everyone has. Stress is actually a necessary and normal part of our lives, but it can have both

positive and negative effects.



When we feel the negatives of stress and anxiety outweigh the positives, we need to change. And we want to help.

Interested in managing or better managing your stress or anxiety? Please take the survey below, which is designed to identify your level of stress or anxiety. Based on the level, we'll provide:



- Tips on how to better manage stress,
- Educational resources,
- Online applications you may be interested in,
- Resources for managing stress, and/or
- An invitation to participate in an exclusive company stress/anxiety pilot program.

The survey should take no more than five minutes to complete. The survey is completely voluntary and your participation is **confidential**; no information is shared with anyone at the company other than in Benefits, who is administering the survey, materials and the pilot program (they have to know who you are to send you information, enroll you, etc....).

Take control of your health. The Genius Way to Better Health, only at Drive Time!

Take care,



[*Click here to complete the survey***](#)**

Sincerely,
Benefits Team
1720 W. Rio Salado Pkwy | Tempe, AZ 85281
Benefits Phone: (888) 781-5654, option 1
Fax: (866) 665-7197

