



**EFR** EMPLOYEE & FAMILY RESOURCES

**THE HOLIDAY SEASON IS APPROACHING!**



**REMEMBER YOU HAVE A  
STUDENT ASSISTANCE PROGRAM!**

**Call 515-244-6090 or 800-327-4692**

**IF THIS HOLIDAY SEASON IS CAUSING YOU STRESS,  
EFR IS HERE TO HELP.**

**YOU HAVE ACCESS TO HELP 24/7/365 BY CALLING  
US OR USING THE EFR MOBILE APP.**

**LEARN MORE  
ABOUT YOUR SAP**



**DOWNLOAD THE APP**

