





## Feeling overwhelmed? Talk to your doctor.

Remember to:

-  **Prepare:** List questions, medications, and family history.
-  **Bring Support:** A trusted friend can help.
-  **Be Honest:** Share feelings and symptoms openly.
-  **Ask Questions:** Understand your care.

*MDLZ Employee Assistance Program: 24/7 Confidential Support to help you thrive at home & work.*

