



When something's missing from life or work, we're here.

What we offer:

Short-term, face-to-face or telehealth counseling sessions FREE to you and eligible dependents to solve personal and workplace problems, as well as patient advocacy - offering a spectrum of options to help keep you healthy or respond to a medical condition.



TEAM
Wellness at Work



All services are confidential



24/7 phone assistance



218-727-8589
651-642-0182
800-634-7710

startwithteam.com

TEAM is your healthcare partner.



You and your family can turn to us for any health diagnosis, concern, or goal. We will jump into action on your behalf - whatever your situation calls for. Simple, dependable, high-quality support as part of your health benefits.

Medical Services to help you with:

- Understanding Your Medical Diagnosis and Medications
- Finding High-Quality Health Care Providers
- Advice on Getting You the Best Care for Your Existing Conditions
- Coordination of Care for All Pre- and Post-Surgical Conditions
- Nutrition Planning & Weight Management
- The Second Opinion Process
- Simplifying the Referral Process

Counseling services for:

- Alcohol or Drug Problems
- Depression/Anxiety
- Behavioral Concerns
- Relationship Challenges
- Family and Parenting Issues
- Grief and Loss
- Stress Management
- Job-Related Difficulties

Care Coordination Services

Call us for connection to lawyers and financial planners at discounted services, or for help finding eldercare and childcare. There are also articles, tips and links on our website.



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