

**RU OK?**<sup>TM</sup>

A conversation could change a life.

**Total** health

**CATERPILLAR**<sup>®</sup>

Be ready. Be prepared. Choose your moment.

1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in



For 24/7 EAP support, call:  
**1-866-CAT(228)-0565** or  
**1-309-820-3604**

Find global access numbers at:  
**CaterpillarEAP.com**  
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