

Respect. It begins with you.



George Floyd's death was a senseless tragedy, especially because it was at the hands of people, he – and everyone – should be able to trust. We cannot undo what's been done to Mr. Floyd, or to any other person who has already suffered at the hands of bias, discrimination and prejudice.

But we each can do something to inspire a kinder, safer world.

You can reach out and start a conversation. Even if it's awkward or you don't have the exact right words, the more we know one another, the more we'll understand one another as individuals. After all, it can be as easy as saying, "hi, how are you?"

You can expand what you know. Learn more about the perspectives and experiences of people who are different from you by reading articles or books, watching movies or listening to podcasts. The more we know about something, the more difficult it becomes to simply disregard it.

You can take a positive stance. Honor and celebrate diversity and inclusion, and all the benefits these two fundamental principles bring to each and every one of us. From the foods we eat to the technologies we use to the entertainment we enjoy to the ideas that have shaped our own lives and opportunities, diversity and inclusion breed creativity and innovation.

We're in this together – and all are welcome.

For more information and resources on diversity and inclusion, call your Employee Assistance Program at 800-354-3950.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States or the local emergency services phone number if you are outside the United States, or go to the nearest accident and emergency department. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

Optum[®] is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks or the property of their respective owners. Optum is an equal opportunity employer.

© 2020 Optum, Inc. All rights reserved. WF2946990 203276-062020