

[Www.client.myoptumhealth.com/takecharge](http://www.client.myoptumhealth.com/takecharge)

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i have read the articles on the links that you suggest

[www.client.myoptumhealth.com](http://www.client.myoptumhealth.com)

[www.wellness.myoptumhealth.com](http://www.wellness.myoptumhealth.com)

i think the time has come to stop being afraid

**[www.myoptumhealth.com/](http://www.myoptumhealth.com/)**

[myoptumhealth.com/dukeenergy](http://myoptumhealth.com/dukeenergy)