



Let's talk. Really talk.

If you've asked your teen or young adult how they're doing lately, there's a good chance you heard a quick answer like "fine." As much as we care about our families, sometimes knowing how to start good discussions can be tough.

Make kicking off an inspiring chat easier by downloading our conversation starters. You'll be able to shuffle through the questions on a variety of topics to find a good fit for you and your teen to get started. Bookmark **optumconversation.com** or save the PDF to your phone or tablet so the questions are within easy reach.

It's an easy and fun way to move beyond those one-word answers.



Get the conversation starters today.

Visit **optumconversation.com** or scan this code with your smartphone.



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