

Employee Assistance Programs: Free and confidential services for employees.

Click on the underlined titles for website access below:

Work/Life Balance Employee Assistance Program

[Work/Life Balance Employee Assistance Program](#) provides services through Health Advocate that help with work/life issues such as finding childcare, accessing legal help, locating eldercare services, managing your finances, resolving medical claims, locating doctors and hospitals and scheduling appointments with specialists. This benefit also offers guidance with personal, family and work issues such as stress, anxiety and depression, divorce, anger, grief and loss, addiction, eating disorders and mental illness. Health Advocate provides unlimited confidential access to talk to a Licensed Professional Counselor or work/life specialist over the phone for additional support 24/7. Just call 1-800-854-1446. Take advantage of three in-person visits with a Licensed Professional Counselor, at no additional cost.

With this EAP benefit everyone is eligible for services including you, your spouse, your children, your parents and parents-in-law.

Features	Work/Life Balance Employee Assistance Program
Who's covered?	All Employees, Spouse/Domestic Partners, Child(ren), Parents, Parents-in-law
Member Access?	https://www.unum.com/employees/services/life-balance 1-800-854-1446
Provider Visits?	3 Face-to-face visits available with a Licensed Professional
Availability?	Unlimited 24/7 telephone access to an EAP team
Resources provided when dealing with:	<ul style="list-style-type: none"> • Stress, depression, anxiety • Mental health • Parenting, family issues • Substance use and recovery • Managing finances and legal concerns • Anger, grief and loss • Work-life balance • Medical bill saver • Time Management • Identity Theft • Monthly webinar for employees • Elder care/Childcare consultations & support

Help, when you need it most

With your Employee Assistance Program and Work/Life Balance services, confidential assistance is as close as your phone or computer.



Always by your side

- Expert support 24/7
- Convenient website
- Short-term help
- Referrals for additional care
- Monthly webinars
- Medical Bill Saver™
— helps you save on medical bills



Who is covered?

Unum's EAP services are available to all eligible employees, their spouses or domestic partners, dependent children, parents and parents-in-law.



Employee Assistance Program — Work/Life Balance

Toll-free 24/7 access:

- 1-800-854-1446
(multi-lingual)
- www.unum.com/lifebalance



*Turn to us, when you
don't know where to turn.*

Employee Assistance Program (EAP)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Family and parenting problems
- Relationship issues, divorce
- Anger, grief and loss
- Job stress, work conflicts
- And more

Work/Life Balance

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions and help you find resources in your community.

Ask our Work/Life Specialists about:

- Child care
- Financial services, debt management, credit report issues
- Elder care
- Even reducing your medical/dental bills!
- Legal questions
- And more
- Identity theft

Help is easy to access:

- **Online/phone support:** Unlimited, confidential, 24/7.
- **In-person:** You can get up to 3 visits available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.

* The counselors must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority.

Unum's Employee Assistance Program and Work/Life Balance services, provided by HealthAdvocate, are available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult

your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details.

Insurance products are underwritten by the subsidiaries of Unum Group.

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Click on the underlined titles for website access below:

United Healthcare Employee Assistance Program for Confidential Support

United Healthcare provides service that offers assistance with clinical, wellness, financial, legal or counseling services by speaking directly to a nurse or a behavioral health professional. Simply call 1-888-887-4114 to access registered nurses who can help with questions or concerns about health conditions, finding a doctor or hospital, information on medication, or general health information. The nurses are available 24 hours a day, every day of the year. This benefit provides authorization for up to three face-to-face visits with an in-network provider. Behavioral health professionals are also available to help you address personal concerns such as emotional distress, addiction, anxiety, depression, grief and much more. To schedule a behavioral health visit from the comfort of your home, please access [United Healthcare Employee Assistance Program for Confidential Support](#). Sign in or register for an account and click Find a Doctor>Mental Health Directory>People>Provider Type>Telemental Health Providers. Refine the search as needed and choose a provider with the “telemental health provider” designation. Call the provider to set up a time.

This EAP benefit is only available to United Healthcare Medical plan members that are enrolled onto the plan.

Features	UHC Employee Assistance Program for Confidential Support
Who’s covered?	UHC Medical Plan Members Only
Member Access?	Number on back of Medical ID Card or can call EAP directly 1-888-887-4114 http://www.myuhc.com
Provider Visits?	Authorization for up to 3 Face-to-face visits with in-network provider
Availability?	Unlimited 24/7 telephone access to an EAP team
Resources provided when dealing with:	<ul style="list-style-type: none"> • Stress, depression, anxiety • Mental health • Parenting, family issues • Substance use and recovery • Financial coaching and legal concerns • Anger, grief and loss • Work-life balance • Medical bill questions

When life gets challenging, you've got caring, confidential help.

If you need guidance navigating mental health, financial or legal concerns, take advantage of the Employee Assistance Program (EAP) for 24/7 support—at no extra cost.



It's good to know you're not alone.

Reaching out to an EAP consultant is a good first step. They're trained to understand your concerns so they can connect you with the consultant or service best able to help you:

- Address depression, anxiety or substance use issues.
- Improve relationships at home or work.
- Manage stress.
- Work through emotional issues or grief.
- Assistance with legal and financial concerns.



One call puts you in touch with a clinician, counselor, mediator, lawyer or financial adviser who could help change your life for the better.



Call the member phone number on your health plan ID card and ask to speak to an EAP consultant. Or, contact EAP directly 24/7 at 1-888-887-4114.



The material provided through this program is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided may be right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare 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 its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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