EAP and Work-Life Services

What is an EAP?
An Employee Assistance Program (EAP) offers short-term counseling up to three visits per issue per year to help you and members of your household manage everyday life issues. EAP professionals are available to assist you with:

- Everyday needs and life events
- Sleeping difficulties
- Weight control
- Loss of a loved one
- Emotional issues
- Eating disorders
- Relationship concerns
- Workplace concerns
- Family relationships
- Smoking cessation
- Coping with a serious illness

What is Work-Life?
Work-Life offers extensive assistance, information, and support to help you achieve a better balance between work, life, and family to help make your life easier. You can access information and self-search locators to find resources and providers that can help you with:

- Convenience services
- Adoption, pregnancy and infertility
- Housing options
- Adjusting to retirement
- Child care
- Locating services and care for older adults
- Financing college
- Pet care
- Home ownership
- Finding schools
- Caregiving from a distance
- Tutors and test prep
- Moving and relocation
- Child development
- Finding colleges and universities
- Recreational activities
- Services and education for children with special needs
- Consumer education

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What is the Legal and Financial Program?
As part of the EAP, you also have access to a free 30-minute consultation with a local attorney or financial professional on issues such as real estate, retirement planning, divorce and separation, budgeting/debt reconstruction, and trusts and estates. Further legal and tax preparation services are discounted 25 percent.

What if I'm just looking for information?
You can access many useful articles, tip sheets, and checklists by calling or signing in to the EAP and Work-Life website. Many helpful topics are available, including relationships, communication, life in the workplace, and emotional well-being.

What else does the website offer?
It includes dozens of locators that allow you to search for health and wellness information, child care providers, adoption services, schools and colleges, daily living needs, older adult care, and much more. The site also offers calculators that can help you with everything from mortgage payment calculations to how much to save for your children's college education.

Who can use EAP and Work-Life?
All employees as well as household family members.

Who pays for these services?
Your company pays all costs when you and members of your household use the program. If additional assistance or services are needed, you will receive referrals that consider your preferences, medical plan, and financial circumstances. Please refer to your insurance plan booklet or your human resources department for specific information about your medical plan.

How do I access these services?
EAP and Work-Life are convenient, confidential and provided at no cost to you and members of your household. We're here 24 hours a day, seven days a week, so call anytime.

Life made easier.

For free and confidential assistance, call 1-866-440-6556 or visit us at Humana.com/eap

Username: eap3
Password: eap3

Personal information about participants remains confidential according to all applicable state and federal laws, unless disclosure is required by such laws. Services provided by Humana EAP and Work-Life Services.