



## Employee Assistance & Work-Life Program

Employee Assistance and Work-Life Program  
Life, relationships, work, money, legal, family and everyday issues, all can be challenging. Sometimes you need help and guidance coming up with the answers and practical solutions. Your Employee Assistance (EAP) & Work-Life Program is here for you and your family – any day, anytime. Best of all, your organization provides this completely confidential service at no cost to you.

When you call you'll talk with a trained professional who will:

- Ask you about your situation
- Help you clarify the problem
- Offer guidance and support
- Connect you with experts who can help with work-life issues
- Refer you to a local EAP counselor for up to three face-to-face sessions

These confidential services are just a telephone call away for both you and your family members

Get the guidance you need – any day, anytime.  
[www.humana.com/eap](http://www.humana.com/eap) 1-866-440-6556

Easy access to online services  
As part of the program, you have access to a comprehensive resource. The Website features hundreds of free articles, audio features, and financial calculators to help you with budgeting and investing. You can also listen to Webinars, take quizzes, download legal forms, and sign up for newsletters.

**HUMANA**  
*Guidance when you need it most*

### Life

- Stress
- Addiction and recovery
- Depression
- Anxiety
- Relationships
- Grief and loss

### Family

- Childcare resources
- Emergency and backup care
- Summer school or vacation camp
- Parenting
- Adoption
- Child development
- College planning
- Caring for older adults

### Legal

- Estate planning
- Legal forms, wills, power of attorney, final arrangements
- Free initial legal consultation, 25 percent discount from standard legal fees for subsequent services

### Money

- Budgeting
- Debt management
- Home buying and refinancing
- Retirement planning
- Insurance
- Tax planning
- Identity theft

### Work

- Co-worker relationships
- Change and transition
- Balancing work and personal life
- Relocation
- Business travel
- Job stress
- Communication

### Everyday Issues

- Consumer information
- Home remodeling and repair
- Home and car buying
- Big-ticket purchases
- Pet care resources

### Helping you with life and work issues ...

For EAP and work-life information

1. Enter [www.humana.com/eap](http://www.humana.com/eap)
2. Enter user name: eap3 (all lower case)
3. Enter password: eap3 (all lower case)

**EAP**

1-866-440-6556

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**24**  
hours  
**7**  
days

Providing immediate, professional assistance with personal work-related, or emotional concerns

Services are provided for all eligible employees and family members.  
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