



# Help your workforce work through life's challenges, before they impact your business

We've all experienced some type of personal problem, concern or emotional crisis at one time or another. Unum's Work-Life Balance Employee Assistance Program (EAP) gives employees access to counselors\* and services for help with personal, family and work issues. When employees get the help they need, they can give their best at work.

## Employee Assistance Program

Unum's EAP is designed to help your employees lead happier and more productive lives at home and at work. When they have issues, they can work with Licensed Professional Counselors to define the problem and obtain appropriate assistance.

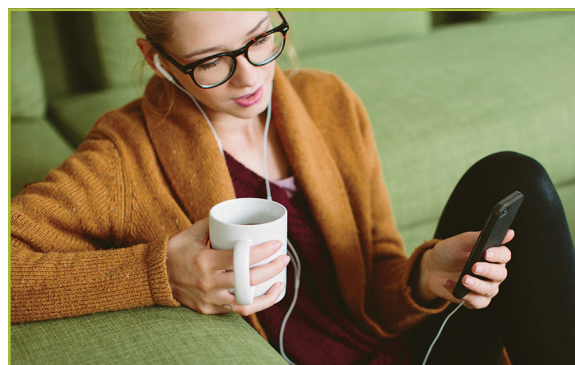
**Through the EAP, employees can get help with personal, family and work issues such as:**

- Stress, depression, anxiety
- Relationship issues, divorce
- Job stress, work conflicts
- Family and parenting problems
- Anger, grief and loss
- Addiction, eating disorders, mental illness

The Licensed Professional Counselor will address concerns during a few initial sessions or refer the employee to other appropriate counselors or community resources for long-term help.

## 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.



## Video counseling

Video counseling offers a convenient alternative to face-to-face sessions for members who need more flexibility because of personal, transportation or health concerns. Employees can use either a computer or mobile device that has a webcam, a microphone and a high speed connection.

And it's HIPAA compliant.

## Work-Life Balance services

Employees can also reach out to our Work-Life Specialists for help with balancing the demands of home, family and the workplace. Our specialists can answer questions, as well as put employees in touch with outside resources.

### Work-Life Specialists can help find:

#### Childcare services

- Childcare centers
- Babysitter tips
- Family-run childcare homes
- Community resources
- Nanny agencies
- Preschools

#### Eldercare services

- Assisted living facilities
- Nursing homes
- Independent living options
- Adult daycare services
- Geriatric care managers
- Services for adults with disabilities

#### Financial services

- Debt management solutions
- Budgeting assistance
- Credit report assistance

#### Legal resources

- Personal/family and elder law
- Real estate
- Identity theft Work-Life Balance services

### Additional key features

#### Medical Bill Saver™

This service can help negotiate out-of-pocket medical and dental expenses over \$400.

#### Staff clinicians

24/7 access to master's level staff clinicians for information, assessment, short-term problem resolution and referrals.

#### Up to three face-to-face counseling sessions

Sessions are conducted by a network of qualified EAP consultants.

#### Licensed EAP affiliates

We provide access to a national network of over 60,000 licensed EAP affiliates. All EAP providers have a master's degree or higher with state licensure.



## TO LEARN MORE

contact your Unum representative



**Better  
benefits  
at work.™**

unum.com

Not available in all states.

State mandated limitations for legal services in WA apply.

The Work-life Balance Employee Assistance Program, provided by HealthAdvocate, is 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.

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