

# Unum

Employee Assistance Program

# Employee Assistance Program with Health Advocate

## 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. 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.

### Who is covered?

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



### A Licensed Professional Counselor can help you with:

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

\* The consultants 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.

# Work/Life Balance

## 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.

### 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



## Ask our Work/Life Specialists about:

- **Child care** (childcare centers, babysitter tips, family-run child care homes, community resources, nanny agencies and pre-schools)
- **Elder care services** (assisted living facilities, nursing homes, independent living options, adult day-care services, geriatric care managers, and services for adults with disabilities)
- **Legal questions** (personal/family and elder law, real estate and identity theft)
- **Financial services** (debt management, budgeting assistance, credit report assistance)
- **Medical Bill Saver™ Service** that can help negotiate out-of-pocket medical and dental expenses over \$400.
- **Concierge Services** provides members with year-round access to a team of luxury lifestyle experts. This service includes access to over 50,000 events worldwide on a yearly basis. Available services include access to commercial events, booking services, errand running and travel assistance.

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

## 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.
  - In lieu of face to face sessions, we offer HIPAA compliant video counseling sessions for those in rural communities, those with transportation concerns, or those that may prefer the use of technology to receive the service.
  - 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.

## Employee Assistance Program — Work/Life Balance

Toll-free 24/7 access:

**1-800-854-1446**  
(multi-lingual)



**[www.unum.com/lifebalance](http://www.unum.com/lifebalance)**