



Humana EAP and Work-Life: By the Numbers

Humana Employee Assistance Program (EAP) and Work-Life Services can help your workforce become more resilient and productive in their lives.

How does Humana EAP make an impact? Check out these numbers:

What do employees think of Humana EAP?

OF RESPONDENTS:

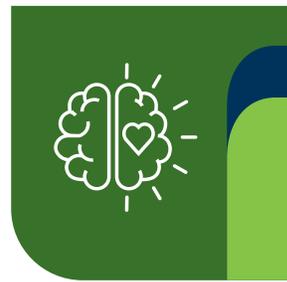
93% were **satisfied** with the EAP service overall

81% felt **more confident** in their ability to handle the situation for which they called EAP

54% indicated they **felt less stress** than when they first called EAP

76% are likely to **recommend EAP**

How has the EAP promoted mental well-being?



Survey respondents reported

7.3 fewer mental Unhealthy Days*



They also reported

2 fewer days in which poor mental or physical health kept them from doing their usual activities

Learn more

To find out more about how Humana EAP and Work-Life can support a culture of mental well-being in your workplace, contact your Humana sales representative.



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These non-insurance services are provided by Humana EAP and Work-Life Services.

In Kansas, Humana agents and sales representatives are prohibited from conducting pre-sale conversations with clients regarding Go365, EAP, or other value-added services.

ABOUT THE METHODOLOGY

This report presents outcomes of Humana EAP callers whose service requests were created between January 1, 2017 and February 28, 2021. Telephonic follow-up surveys were conducted approximately 3 months after the service request date. A total of 7,477 EAP callers, out of 40,808 eligible for follow-up, completed the survey (18.3% response rate).

* Healthy Days are a measure created by the Centers for Disease Control and Prevention: <https://www.cdc.gov/hrqol/methods.htm>.