

Your company understands that when your life is in balance and your personal needs are being met, it's easier to be happy and productive at work. That's why your company offers access to EAP and Work-Life at no additional cost – to help you manage life's challenges and maintain a happy and well-balanced life.

## What is an EAP?

An EAP, or Employee Assistance Program, offers short-term support such as counseling to help you and members of your household manage everyday life issues. Get assistance with:

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



## What is Work-Life?

Work-Life Services offers extensive assistance, information and support to help you achieve a better balance between work, life and family to essentially make your life easier. Find resources and providers that can help you with:

- Housing options
- Child and adult care, including caregiving from a distance
- Financing college
- Home ownership
- Caregiving from a distance
- Moving and relocation
- Finding colleges and universities
- Services and education for children with special needs
- Adoption, pregnancy, and infertility
- Adjusting to retirement
- Pet care
- Finding tutors and test prep
- Child development
- Recreational activities
- Consumer education



## 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 counselor 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.

## 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.

# Life made easier

## 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 completely confidential. You can call or sign in on the website or app 24 hours a day, seven days a week.

## LIFE MADE EASIER.

FOR FREE, CONFIDENTIAL ASSISTANCE

**Call:** 1-866-440-6556 (TTY: 711)

**Sign in:** [Humana.com/eap](https://www.humana.com/eap)

**Username:**

**Password:**



by Humana

DOWNLOAD OUR APP



These non-insurance services are provided by Humana EAP and Work-Life Services. This is a general description of services which are subject to change. Please refer to your Human Resources contact for more information.

Personal Information about participants remains confidential according to all applicable state and federal laws, unless disclosure is allowed by such laws. Legal and financial consultations are limited to thirty minutes and are available at no additional charge.. A 25% discount on further legal and tax preparation services provided by attorneys, mediators and financial counselors is available. Certain legal and financial topics and issues are excluded from this service. Services are provided through CLC Incorporated. Neither Humana EAP and Work-Life Services nor CLC Incorporated is a law firm. Humana EAP and Work-Life Services, its parent and affiliates are not liable for the negligent provision of services by CLC Incorporated or its contracted professionals.

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Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-1235 (TTY: 711).

繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-320-1235 (TTY: 711).

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