

2022 Employee Assistance Program (EAP) and Work-Life Services editorial calendar

| | January | February | March | April | May | June |
|---------------------------------|--|--|--|---|--|--|
| Observance | <ul style="list-style-type: none"> National Get Organized Month COVID-19 awareness | <ul style="list-style-type: none"> Heart Month Black History Month | <ul style="list-style-type: none"> National Nutrition Month | <ul style="list-style-type: none"> Financial Literacy Month | <ul style="list-style-type: none"> Mental Health Awareness Month | <ul style="list-style-type: none"> National Safety Month |
| Wellness article | 10 tips for starting the year off right | Let's talk about race—the human one | Eat right and you can't go wrong | How well do you understand your finances? | 5 ways to boost your mental health | Watching out for each other at work and home |
| Inspiring insights | Podcast - Dealing with COVID where you live and work | Podcast - Eating right for your heart's sake | Video - Food for thought: Nutrition and brain health | Podcast - Financially organized, fiscally fit | Podcast - Setting and working toward mental health goals | Video - Secrets of self-improvement |
| Leadership article | 2022 and you—start right strategies for you and your team | Find common ground in racial conversations: Tips for leaders | | Dollars and sense—impacts of financial challenges on your team's well-being | How to advocate for positive steps toward mental well-being within the workplace | |
| Exploring features and services | | | Video - How to log a self-service request for EAP and Work-Life Services | | | Video - LifeCoach: How having a coach in your corner can help you reach your goals |

| | July | August | September | October | November | December |
|---------------------------------|---|--|--|---|--|---|
| Observance | <ul style="list-style-type: none"> UV Safety Month | <ul style="list-style-type: none"> National Wellness Month National Back to School Month | <ul style="list-style-type: none"> National Suicide Awareness Month | <ul style="list-style-type: none"> Breast Cancer Awareness Month | <ul style="list-style-type: none"> National Alzheimer's Awareness Month Caregiving Month | <ul style="list-style-type: none"> National Human Rights Month |
| Wellness article | Soak up summer with these skin safety tips | A quick class in back-to-school stress relief | Suicide prevention: What to do when a loved one contemplates suicide | Mammograms save lives. Make your appointment now. | Your loved one has Alzheimer's. Now what? | Get the most out of giving back to your community with these 5 tips |
| Inspiring insights | Podcast - Here's why you should work in a workout outside | Podcast - Success in school starts with these helpful habits | Video - Asking for help | Podcast - Are you doing all you can for your employees' mental health? | Podcast - How to avoid caregiver burnout when you provide loving support | Video - The science of giving |
| Leadership article | 5 ways that your EAP and Work-Life Services can help you be a better leader | Well-being tips to make back-to-school time less stressful for you and your team | | Doing your part to promote mental health in the workplace | Supporting team members who are caregivers: Tips for leaders | |
| Exploring features and services | | | Video - What is Work-Life Services and what can it do for you? | | | Video - Learn how EAP and Work-Life Services can help you with legal and financial concerns |



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

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
If you need help filing a grievance, call **877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.
- **California residents:** You may also call California Department of Insurance toll-free hotline number: **800-927-HELP (4357)**, to file a grievance.

Auxiliary aids and services, free of charge, are available to you. 877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Language assistance services, free of charge, are available to you. 877-320-1235 (TTY: 711)

Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.
繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

Tiếng Việt (Vietnamese): Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

Русский (Russian): Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

فارسی (Farsi)

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wóda hí béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánida'áwo'déé nika'adoowoł.

العربية (Arabic)

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الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك