



Employee Assistance and Work-Life Program

Life, relationships, work, money, legal, family and everyday issues, all can be challenging. Sometimes you need help and guidance coming up with the answers and practical solutions. Your Employee Assistance (EAP) & Work-Life Program is here for you and your family – any day, anytime. Best of all, your organization provides this completely confidential service at no cost to you.

When you call you'll talk with a trained professional who will:

- Ask you about your situation
- Help you clarify the problem
- Offer guidance and support
- Connect you with experts who can help with work-life issues
- Refer you to a local EAP counselor for up to three face-to-face sessions

These confidential services are just a telephone call away for both you and your family members

Get the guidance you need – any day, anytime.
www.humana.com/eap 1-866-440-6556

Easy access to online services

As part of the program, you have access to a comprehensive resource. The Website features hundreds of free articles, audio features, and financial calculators to help you with budgeting and investing. You can also listen to Webinars, take quizzes, download legal forms, and sign up for newsletters.

Life

- Stress
- Addiction and recovery
- Depression
- Anxiety
- Relationships
- Grief and loss

Family

- Childcare resources
- Emergency and backup care
- Summer school or vacation camp
- Parenting
- Adoption
- Child development
- College planning
- Caring for older adults

Legal

- Estate planning
- Legal forms, wills, power of attorney, final arrangements
- Free initial legal consultation, 25 percent discount from standard legal fees for subsequent services

Money

- Budgeting
- Debt management
- Home buying and refinancing
- Retirement planning
- Insurance
- Tax planning
- Identity theft

Work

- Co-worker relationships
- Change and transition
- Balancing work and personal life
- Relocation
- Business travel
- Job stress
- Communication

Everyday Issues

- Consumer information
- Home remodeling and repair
- Home and car buying
- Big-ticket purchases
- Pet care resources

For EAP and work-life information

1. Enter www.humana.com/eap
2. Enter user name: eap3 (all lower case)
3. Enter password: eap3 (all lower case)



EAP

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Providing immediate, professional assistance with personal, work-related, or emotional concerns.