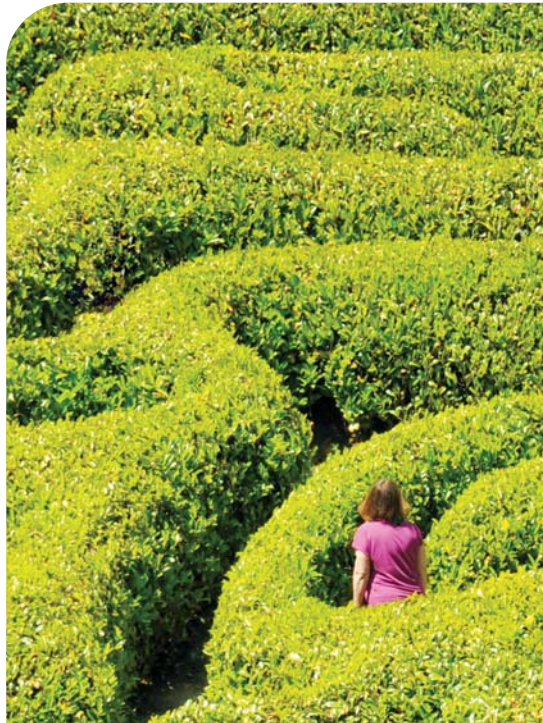


EAP and Work-Life Services

Life made easier

Find everyday resources for things like:

- Retirement planning
- Dealing with difficult co-workers
- Conflict/anger management
- Career development
- Communicating with your boss
- Resolving legal problems
- Care for children with special needs
- Relationship issues
- Separation/divorce
- Child care
- Parenting/discipline
- Quitting smoking
- Stress and anxiety
- Time management
- Adoption
- Losing weight
- Grief and loss
- Financial issues
- Depression
- Addiction
- Finding schools
- Paying for school
- Older adult care
- Nutrition



EAP and Work-Life

We're here to help with your personal, work-related, and emotional concerns.

Humana.com/eap

username: **eap3**

password: **eap3**

24 hours a day, seven days a week.



Humana®

Life made easier

Your Employee Assistance Program (EAP) and Work-Life Services help you and your household members manage everyday life issues that can affect you at home and at work. You can call the toll-free number anytime during the day or night to talk with an experienced counselor who can help you find solutions. This program is confidential and your employer pays all costs when you and members of your household use the services.

The EAP gives you:

- Assistance and counseling in-person or over the telephone
- Assessment and assistance from a Work-Life specialist who is an expert in child care, adult care, or other everyday concerns
- Free 30-minute consultations with attorneys and financial counselors
- Access to a website with articles, discounts, podcasts, webinars, assessments, live chats, and databases to help you find local resources

Advantages

- Confidential
- One call gives you access to counseling, research and referrals, and legal and financial services
- We are always here to help you
- A website that lets you find answers on your own

Free and confidential 1-866-440-6556

EAP and Work-Life are provided for all eligible employees and household members. Personal information remains confidential according to all applicable state and federal laws.

Access is easy! 24 hours a day, seven days a week.
Services provided by Humana EAP and Work-Life Services.