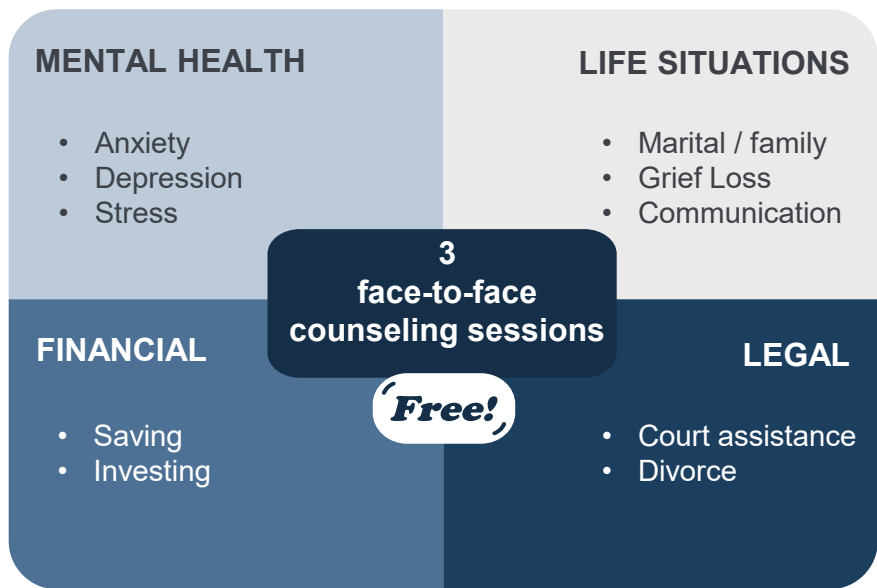


EMPLOYEE ASSISTANCE PROGRAM



SERVICES PROVIDED

Unum provides in-person and 24/7 online services for individuals, married couples, and families for a variety of situations. Common situations included, but are not limited to:



FREE SERVICES

Each eligible family member may receive up to 3 face-to-face counseling sessions and 24/7 telephonic counseling, work/life balance resources.

CONFIDENTIALITY

Unum services are fully confidential, and no information, including your name, will be shared without your written consent.

The only exceptions are if the counselor must warn about a serious threat or report child or elder abuse as required by law.

CONTACT



www.unum.com/lifebalance



(800) 854-1449





Help, when you need it most

With your **Employee Assistance Program** and **work-life balance services**, confidential assistance is as close as your phone or computer.



Employee Assistance Program (EAP)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Job stress, work conflicts
- Relationship issues, divorce
- Family, parenting problems
- Anger, grief, loss
- And more



Work-life balance

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our work-life Specialists can answer your questions and help you find resources in your community.

Ask our work-life Specialists about:

- Child care
- Identity theft
- Elder care
- Legal questions**
- Financial services, debt management, credit report issues
- Even reducing your medical/dental bills
- And more

Who is covered?

EAP services are available to all eligible partners and employees, their spouses or domestic partners, dependent children, parents and parents-in-law.

Always by your side

- Expert support 24/7
- Convenient website
- Short-term help
- Referrals for additional care
- Monthly webinars
- Medical Bill Saver® — helps you save on medical bills

Help is easy to access:

Phone support: 1-800-854-1446

Online support: unum.com/lifebalance

In-person: You can get up to three visits available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.



Better benefits at work.™

*The counselors must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority.

**State mandated limitations apply for work-life balance employee assistance program services in WA.

Work-life balance employee assistance programs may not be available in New York. Other state-specific restrictions may apply based on the product offering.

The Employee Assistance Program and Work/Life Balance services, provided by HealthAdvocate, are available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details.

Insurance products are underwritten by the subsidiaries of Unum Group.

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