



Our specialists can help you find balance and feel more in control so you can focus on what matters most.

Balancing the needs of family, personal and work responsibilities isn't always easy. Your Health Advocate Employee Assistance Program (EAP) offers the right support at the right time. **Here are some frequently asked questions about our program.**

What is EAP: Life & Work?

This unique program is designed to help you lead a happier more productive life at home and at work by connecting you with a qualified Counselor and Work/Life Specialist who are experts at helping people cope and feel more in control. Additionally, we offer many self-serve resources online and through our mobile app.

How does it work?

Call to connect with an intake Counselor who will help:

1. Define the problem clearly
2. Assess the type of help needed
3. Either provide the necessary help or connect you to the appropriate specialist

Who can use the EAP?

The program is available to you, your spouse/partner, dependents, parents and parents-in-law.

What services are available online?

As a complement to the personalized support offered by our Counselors and Life & Work Specialists, you can access a variety of self-serve resources through our website and mobile app. Here are some of the resources available to you:

- **Explore webinars**, online courses, and articles on a variety of well-being topics
- **Complete checklists** and take self-assessments to learn more about issues that impact you
- **Visit the Personalized Legal Center** and Financial Fitness Center

Is my privacy protected?

Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.

Call • Email • Message • Live Chat 

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