

unum®

Turn to us when you don't know where to turn

Confidential solutions are at your fingertips with the Employee Assistance Program

EMPLOYEE ASSISTANCE PROGRAM
Work/Life Balance

Toll-free 24/7 access:

1-800-854-1446 (multilingual)

unum.com/lifebalance

Confidential*

unum®

Help, when you need it most

- Stress
- Depression
- Addiction
- Child care
- Elder care
- Grief and loss
- Legal questions
- Family relationships and parenting
- Even reducing your medical/dental bills

Help is easy to access

- Online and phone support: Unlimited, confidential, 24/7
- 3 visits with a Licensed Professional Counselor are available at no additional cost to you. Your counselor may refer you to resources in your community for ongoing support.

Who is covered?

The program is available to you, your spouse, dependent children, parents and parents-in-law. It's included in the cost as part of your insurance plan.

FOR MORE INFORMATION:

visit unum.com/lifebalance or call us at 1-800-854-1446 (multilingual).

*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.

Services may not be available in New York.

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.

State mandated limitations for legal services in WA apply.

This is not a medical insurance card.
Keep this card with you at all times. It gives you immediate access to a full range of confidential Work-life Balance services for you and your family. If you need additional cards, contact your workplace plan administrator.

Better benefits at work.™

Insurance products are underwritten by the subsidiaries of Unum Group.

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