



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 (*multi-lingual*)

 www.unum.com/lifebalance

 Confidential



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/phone support: Unlimited, confidential, 24/7.
- In-person: 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 provided to you at no additional cost as part of your insurance plan.