



# 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](http://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.

### FOR MORE INFORMATION:

visit [www.unum.com/lifebalance](http://www.unum.com/lifebalance) or call us at 1-800-854-1446 (multi-lingual).

\* 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.

Unum's 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.

### 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.™**

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