

Your EAP/work-life program  
is ready to help.

**1-866-440-6556**

Call anytime for the peace of  
mind everyone deserves.

**Easy access to online services**

As part of the program, you have access to a comprehensive resource. The website features hundreds of free articles, audio features, and financial calculators to help you with budgeting and investing. You can also listen to webinars, take quizzes, download legal forms and sign up for newsletters.



**EAP/Work-Life** | **866-440-6556**  
[Humana.com/eap](http://Humana.com/eap)

**For information**

1. Go to: [Humana.com/eap](http://Humana.com/eap)
2. Enter username: eap3 (not case sensitive)
3. Enter password: eap3 (not case sensitive)

**24 hours a day, 7 days a week. Assistance with personal, work-related, or emotional concerns.**

EAP/work-life services are provided for all eligible employees and household members.

We're here to help



EAP/Work-Life Program

**HUMANA.**

EAP/Work-Life  
provided through

**HUMANA.**

Life's personal and family-related issues don't have to make it difficult for you to get through each day. Just knowing that you have someone who can listen, understand and suggest next steps can make a big difference.

You don't have to feel alone in facing the challenges of childcare, eldercare, depression, stress or other work and life issues. Best of all, your organization provides this confidential service at no cost to you.

**When you call you'll talk with a friendly, compassionate professional who will:**

- Genuinely care about your situation
- Help you clarify your concerns
- Offer confidential guidance and support
- Connect you with experts who can help
- Refer you to a local EAP counselor for up to 3 face-to-face sessions



Confidential services are just a telephone call away for you and your household members.

**Some familiar life and work issues**

My budget is out of control and I can't figure out what to do.

I worry about things too much. I tend to avoid having to make even small decisions.

I seem to have a difficult time concentrating at work or home.

Things aren't as enjoyable as they once were.

I think my teenager might be on drugs.

I need help with a legal matter.

I've been depressed for months and don't know where to turn.

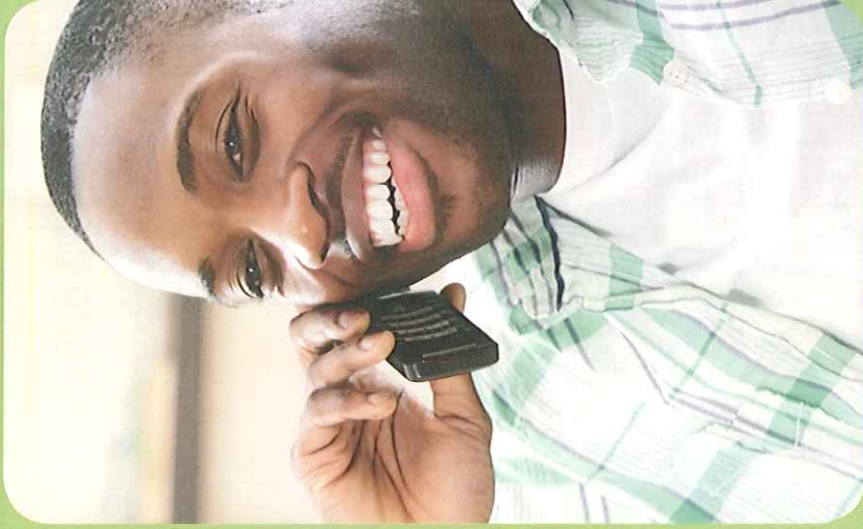
My mother can't live alone anymore. Where can I find help?

My stress levels are way too high.

I can't seem to get over the loss of my best friend.

I need to find an after-school program for my child.

My family problems are affecting my work.



## Guidance For all of life's challenges

**Strict Confidentiality**

Personal information about you and your household members is confidential. EAP/work-life confidentiality complies with state and federal requirements.

Access is easy! 24 hours a day, 7 days a week.

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**Humana.com/eap**