Employee Assistance Program (EAP) and Work-Life Services
Alcorn State University recognizes that life can get hectic. That’s why ASU provides EAP and Work-Life Services at no cost to you or members of your household.

- To make your life easier
- To save you time
- To provide support when things are difficult
<table>
<thead>
<tr>
<th>What’s on your mind?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RELATIONSHIP ISSUES</strong></td>
</tr>
<tr>
<td><strong>CHILDCARE</strong></td>
</tr>
<tr>
<td><strong>EMOTIONAL WELL-BEING</strong></td>
</tr>
<tr>
<td><strong>ADULT CARE</strong></td>
</tr>
<tr>
<td><strong>WORKPLACE CHALLENGES</strong></td>
</tr>
<tr>
<td><strong>PARENTING</strong></td>
</tr>
</tbody>
</table>
What’s on your mind?

<table>
<thead>
<tr>
<th>MANAGER RESOURCES</th>
<th>Helping employees</th>
<th>Organizational changes</th>
<th>Managing diversity</th>
<th>Leadership skills</th>
<th>Effective communication</th>
</tr>
</thead>
<tbody>
<tr>
<td>EVERYDAY ISSUES</td>
<td>Consumer education</td>
<td>Moving and relocation</td>
<td>Home ownership</td>
<td>Recreational activities</td>
<td>Pet care</td>
</tr>
<tr>
<td>LEGAL AND FINANCIAL CONCERNS</td>
<td>Retirement planning</td>
<td>Budget and credit management</td>
<td>Resolving legal problems</td>
<td>Coping with financial issues</td>
<td>Avoiding fraud</td>
</tr>
<tr>
<td>EDUCATION</td>
<td>K to 12</td>
<td>Colleges and universities</td>
<td>Financing</td>
<td>GED/vocational</td>
<td>Tutors and test prep</td>
</tr>
<tr>
<td>HEALTH AND WELLNESS</td>
<td>Stress reduction</td>
<td>Exercise and preventative health</td>
<td>Nutrition</td>
<td>Mind/body balance</td>
<td>Women’s and children’s health</td>
</tr>
<tr>
<td>COMMUNITY RESOURCES</td>
<td>Red Cross</td>
<td>Houses of worship</td>
<td>Community centers</td>
<td>Hospitals</td>
<td>Domestic violence shelters</td>
</tr>
</tbody>
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What is EAP?

• Short-term in-person, telephonic, and/or video-based counseling for issues such as relationships, educational challenges, grief and loss, parenting, and many other concerns
• Assessment and referral for longer-term issues
• Educational materials and website
• Referrals to your other benefits as appropriate
• Referrals to community resources

*Unless disclosure is required by applicable state or federal law.
Privacy and confidentiality

• EAP professionals are bound by confidentiality laws and professional ethics

• Confidentiality exceptions:
  - Serious threats to health or safety of self or others
  - Suspected child abuse

• Services offered at off-site locations for more privacy
• Personal information about you and your household members remains confidential according to all applicable state and federal laws, unless disclosure is required by such laws.
Legal and Financial services

• Free 30-minute consultations with attorneys and financial professionals, with 25 percent off additional legal and tax preparation services, if needed

• Covered issues* include credit and debt, divorce, child custody, tax issues, adoption, landlord-tenant disputes, wills and trusts, estate planning, real estate, ID theft, etc.

• Online tools, including wills, calculators, and more

What is Work-Life Services?

Work-Life offers research and referrals for services and resources that help with childcare, adult care, and everyday needs, like education, adoption, moving, home repairs, pet care, travel, etc.

When you call, a Work-Life specialist:

• Assesses your needs
• Provides appropriate guidance
• Educates about care/service options
• Researches service providers that match your needs
• Conducts vacancy checks
• Sends packet with referrals and educational materials
What is Work-Life not able to help with?

- Finding a restaurant with gluten-free options for a party
- Buying concert tickets
- Locating after-hours childcare providers in your area
- Planning a cross-country trip
- Finding a teen-friendly party spot
LifeCoach

• Personalized, holistic program that can help you identify and achieve your personal and professional goals:
  – Career satisfaction
  – Stress management
  – Work-life balance
  – Parenting
  – Relationships
  – And much more!

• Fitting LifeCoach into your life is easy
  – Set your own goals and timeline
  – Connect by phone, email, and online chat
  – Overcome challenges with scientifically proven techniques
Free and confidential assistance is available 24 hours a day, seven days a week, with one toll-free number

1-866-440-6556
Online services

- Articles, webinars, videos, and podcasts
- Financial calculators, self-assessments, quizzes, and legal forms
- Resource guides, such as *Improving Your Financial Wellness*
- Guided custom searches for local Work-Life providers
- Mobile friendly (responsive design)
Life made easier

We’re here 24 hours a day, seven days a week, so call anytime.

For free and confidential assistance, call

1-866-440-6556
TTY: 800.256.1604

or visit us at

Humana.com/eap
Username: alcorn
Password: alcorn

Services provided by Humana EAP and Work-Life Services.
Personal information about participants and members of their households remains confidential according to all applicable state and federal laws, unless disclosure is required by such laws.