

# What's on your mind?

## EAP and Work-Life Services



EAP and Work-Life includes a network of services, including short-term counseling and referrals to local resources, to help you and members of your household cope with everyday issues. Our EAP professionals can help you with:

### RELATIONSHIP ISSUES

Primary relationship

Loneliness

Intimacy issues

Dealing with conflict

Physical and/or emotional distress

### ADULT CARE

Finding services and care

Housing options

Caregiving issues

Helping from a distance

Adjusting to retirement

### MANAGER RESOURCES

Helping employees

Organizational changes

Managing diversity

Leadership skills

Effective communication

### EDUCATION

K-12

Colleges and universities

Financing

GED and vocational

Tutors and test prep

### CHILD CARE

Adoption, pregnancy, and fertility

Child care and back-up care

Infant and toddler options

Special-needs care

Summer care services

### WORKPLACE CHALLENGES

Working successfully with others

Communicating with your boss

Career development

Avoiding burnout

Dealing with stress

### EVERYDAY ISSUES

Consumer education

Moving and relocation

Home ownership

Recreational activities

Pet care

### HEALTH AND WELLNESS

Stress reduction

Exercise and preventive health

Nutrition

Mind/body balance

Women's, men's, and children's health

### EMOTIONAL WELL-BEING

Depression

Stress and anxiety

Addictions

Eating and weight-related issues

Grief and loss

### PARENTING

Discipline techniques

Talking to your teen

Developmental milestones

Children with special needs

Dealing with stress

### LEGAL AND FINANCIAL CONCERNS

Retirement planning

Budget and credit management

Resolving legal issues

Coping with financial issues

Avoiding fraud

### COMMUNITY RESOURCES

Housing

Programs for adults and children

Transportation

Support groups

Emergency resources

The EAP is convenient, confidential, and provided at no cost to you and members of your household. We're here 24 hours a day, seven days a week, so call anytime.



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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.

## Life made easier.



For free and confidential assistance, call **(TTY: 711)** or visit us at **Humana.com/eap**  
username:  
password: