

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Life is full of challenges, and sometimes balancing it is difficult. We are proud to provide a confidential program dedicated to supporting the emotional health and well-being of our employees and their families. The employee assistance program (EAP) is provided at NO COST to you through HealthAdvocate, sponsored by Unum.

The EAP can help you and your family with life issues such as:

- Emotional / Behavior issues.
- Substance abuse.
- Work / life issues (parenting, elder care, etc.).
- Legal issues (divorce, adoption, preparing a will, etc.).
- Financial planning (debt relief, retirement planning, etc.).

With the Employee Assistance Program through HealthAdvocate, members can access support 24/7 at (800) 854-1446 or online at unum.com/lifebalance. This service is employer-paid and your calls to the EAP are kept confidential.