



Turn to us

when you don't
know where
to turn.

Confidential solutions
are at your fingertips with
the Employee Assistance
Program

unum[®]

Better benefits at work.

**Employee Assistance Program
— Work/Life Balance**

Toll-free 24/7 access:

- 1-800-854-1446 (multi-lingual)
- www.unum.com/lifebalance

 *Confidential*

Help, when you need it most

- Stress
- Depression
- Addiction
- Child care
- Elder care
- Legal questions
- Grief and loss
- 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

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.

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FOR EMPLOYEES



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.

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