

Employee Benefit Summary

EAP/Work-Life Program

5 Face to Face Session



1-800-767-5320

HMSA EMPLOYEE ASSISTANCE/WORK-LIFE PROGRAM

The Employee Assistance Program is a confidential, voluntary service that provides professional counseling and referral services designed to help you and your family members with personal, job or family related problems. Your EAP can help you and your family members identify, resolve and gain control over personal problems that may be interfering with work and daily life.

Services are confidential and free!

Some common concerns the EAP can help with:

- Stress, Anxiety, Depression
- Life Transitions
- Grief & Loss
- Divorce / Separation
- Conflict Resolution
- Substance Abuse
- Work-Life Counseling

DEDICATED TOLL FREE CRISIS LINE

- 24 hours a day
- 7 days a week
- 365 days a year

DIAGNOSTIC ASSESSMENT AND PROBLEM RESOLUTION SESSIONS

- Employees and Family Members will receive up to a total of 5 face-to-face (or telephonic) short-term problem resolution sessions per issue
- Referral services coordinated with existing health insurance benefits if long term treatment is recommended. (*deductibles and co-pay may apply*)

LEGAL CONSULTATIONS

- Employees / Family Members are entitled to one initial 30 minute office or telephonic consultation on an unlimited number of separate legal matters at no cost. (*Employment Law excluded*)
- If the attorney is retained beyond the initial consultation, a 25% discount will be applied.

FINANCIAL CONSULTATIONS

- Employees / Family Members are entitled to no cost telephonic consultation on an unlimited number of separate financial issues.
- Consultation is generally limited to between 30-60 minutes.

ONLINE WORK-LIFE EAP RESOURCES

www.my-life-resource.com



Username: **hmsa**
Password: **myresource**

ONLINE RESOURCES AVAILABLE

(*but not limited to*):

- Additional Legal and Financial Tools
- Financial Calculators
- Childcare
- Eldercare
- Health and Wellness Resources
- Health and Wellness Podcasts
- 1,000+ Articles
- Simple Will Preparation