



Better benefits at work.



# Life's stresses aren't a game

Real solutions are close at hand with the Employee Assistance Program (EAP)

[unum.com](http://unum.com)

EN-1917 (11-14)

## Work-life Balance Employee Assistance Program

### Toll-free, 24-hour access

- 1-800-854-1446: English
- 1-877-858-2147: Spanish
- 1-800-999-3004: TTY/TDD

### Online access

[www.lifebalance.net](http://www.lifebalance.net); *user ID and password: lifebalance*



Better benefits at work.

Your Work-life Balance Employee Assistance Program — provided at no additional charge through your company's insurance benefit plan — can help you find solutions for the everyday challenges of work and home as well as for more serious issues involving emotional and physical well-being.

- Child care and/or elder care referrals
- Personal relationship information
- Health information and online tools
- Legal consultations with licensed attorneys
- Financial planning assistance
- Stress management
- Career development

### Help is easy to access

- **Telephone consultations:** Speak confidentially with a master's level consultant to clarify your need, evaluate options and create an action plan.
- **Face-to-face meeting:** Meet with a local consultant up to three times per issue for short-term problem resolution.\*
- **Educational materials:** Receive information through our online library of downloadable materials and interactive tools.

To learn more, please visit [www.lifebalance.net](http://www.lifebalance.net);  
*user ID and password:* lifebalance

The Work-life Balance Employee Assistance Program, provided by Ceridian HCM, is 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.

\* In California and Nevada, you may confer with a local consultant up to three times in a six-month time period.

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EN-1917 (11-14) 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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