

## Help online

Get help 24/7 with our wide range of online resources. Visit **hpeap.com** and enter your password. You'll find:

- More than 4,000 articles and tip sheets
- Self-assessment tools
- Skill Builders for your personal and professional needs
- Child care and elder care resource searches
- Legal information and forms
- More than 60 financial calculators
- Monthly webinars
- Online counseling
- Relocation Center
- And more!

## Help at your fingertips

Get help on-the-go with the iConnectYou mobile app for your iPhone or Android. Use it for video visits with a counselor or to get help finding child and elder care. Visit the app store to download it today.

## We're here for you

HealthPartners EAP is simple and easy to use. Call, text or access resources anytime.

Call **866-326-7194**

TTY **866-228-2809**

Text **US HPEAP** and your concern or question to **919-324-5523**



# Employee Assistance Program



### Office

8170 33rd Ave. S.  
Bloomington, MN 55425

### Mailing Address

Mail stop: 21106A  
P.O. Box 1309  
Minneapolis, MN 55440-1309



Life doesn't always go as planned. When you need extra support, we're here to help. Whether it's an issue at work or home, call us anytime — day or night.

The HealthPartners family of health plans is underwritten and/or administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.

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Whether you'd like help with your personal life or are having issues at work, we're here for you.

We can help you with:



### Emotional wellness

- Alcohol/drugs
- Depression
- Eating disorders
- Gambling
- Grief/loss
- Stress



### Financial & legal

- Budgeting/planning
- Civil/consumer issues
- Debt recovery
- Family law
- Home ownership
- ID theft
- Real estate
- Retirement planning
- Saving/investing
- Wills/advance directives



### Parenting & childcare

- Behavior issues
- Blended families
- Childcare referrals
- Child development
- College selection
- Education issues
- Parenting
- Summer camps
- Social media/texting
- Cyberbullying



### Relationships

- Communications skills
- Divorce or separation
- Domestic violence
- Dual career challenges
- Marital/partner issues
- Personal relationships



### Senior life

- Caregiver options
- Eldercare referrals
- Health/safety concerns
- Caring for aging parents



### Work & career

- Manager support and consultation
- Adjusting to change
- Career management
- Coping with job stress
- Relocation
- Work/life balance
- Workplace relationships

**And much more!**

Everything you do with HealthPartners EAP is confidential. No information will be shared with your employer or health plan. Information will only be released with your permission or when required by law.