



EMPLOYEE ASSISTANCE PROGRAM (EAP)

Resources

Assessments, Online Courses, Disaster Preparedness articles & checklists, Medical Bill Saver, Budgeting Calculators, Locators, Savings Center - Perks at Work, "Live Chat", and more.

Webinars

Access past and current Webinars on topics such as Budgeting Basics, Better Health, Estate Planning, Mindfulness, Resilience, and more.

Emotional Wellbeing

Resources covering issues such as Abuse, Addiction, Anxiety, Depression, Grief, Stress, Suicide, and more.

Personal Growth

Tools to help in the areas of Communication, Personal & Professional Development, Leadership, Interpersonal Skills, and more.

Relationships

Access to resources to assist with Parenting, Caregiving, Grief and Loss, Self-care, interpersonal relationships, college life, and more.

Financial

Information and resources on Budgeting, Debt, Bankruptcy, Estate & Retirement, Investing, Taxes, and more. Interactive calculators available.

Legal

Topics covering Contracts, Bankruptcy, Divorce, Custody, Real Estate, Wills & Estates, and more. Access to the most commonly used forms.

Health

Access to resources to help better understand your general health and wellbeing. 13 assessments available.

Addiction

Resources to help a loved one through addiction such as Commonly Abused Drug Chart, Substance Abuse Treatment Facility Locator, and more.

Financial Fitness Center

Education and information that will help you accomplish financial goals. The Financial Fitness center can help with personal finance, savings and investment, and more.

Personalized Legal Center

State specific templates for creating wills, power of attorney, trusts, estate planning, and more. All legal forms and documents have been created by credential attorneys.

Mindfulness

Use these resources to activate your awareness, connect with your inner self and engage the strengths you've already developed to overcome every challenge.

EAP ACCESS INFORMATION:

- Call: 800-854-1446
- Online: <https://www.unum.com/employees/services/life-balance>
- To access some materials online, you may need to create an HealthAdvocate account

CLICK HERE TO VISIT THE EAP WEBSITE