



When life gets challenging, EAP can help

Your Employee Assistance Program (EAP) provides support and resources to help you and your family with a range of issues, including:

- Managing stress, anxiety and depression
- Improving relationships at home or work
- Getting guidance on legal and financial concerns
- Coping with occupational stress and burnout
- Addressing substance use issues

This service is confidential and provided to you at no additional cost.

\$0

Call today for access to EAP resources at no additional cost

EAP offers at \$0 cost
3 counseling sessions
per issue, per year.

Services are completely
confidential and will not be
shared with your employer.

Get started

Call EAP 24/7 at **1-888-887-4114**

The material provided through this program is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided may be right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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