

BASIC ENHANCED EMPLOYEE ASSISTANCE PROGRAM



Life's not always easy. Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your Employee Assistance Program (EAP) can be the answer for you and your family.

Experienced EAP Staff

Master's level professionals who can provide assistance for a variety of personal and professional matters.

- Emotional well-being
- Family and relationships
- Legal and financial
- Healthy lifestyles
- Work and life transitions



Benefits that **work**SM

EAP Benefits

- Unlimited telephone access to EAP professionals 24 hours a day, seven days a week
- Telephone assistance and referral
- Service for employees and eligible dependents
- Robust network of licensed and/or certified mental health professionals
- Three face-to-face sessions* with a counselor (per household per calendar year)
 - *Face-to-face visits can also be used toward legal and financial consultations
 - *California Residents: Knox-Keene Statute dictates no more than three face-to-face sessions per six-month period.
- Legal assistance and financial services
 - Will preparation
 - Legal library & online forms
- Resources for:
 - Work/Life balance
 - Substance abuse
 - Dependent and elder care assistance & referral services
- Access to a library of educational articles, handouts and resources via website

What to Expect

Information gathered by the EAP is *confidential* – the EAP does not communicate with your employer about your situation unless there is a risk of harm to you or others.

Your EAP benefits are provided through your employer. There is *no cost* to you for utilizing EAP services. If additional resources are needed, your EAP will help locate appropriate providers in your area.

Don't delay if you need help. Visit mutualofomaha.com/eap or call 800-316-2796 for confidential consultation and resource services.

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