

# Employee Benefit Summary

## EAP/Work-Life Program

### 3 Face to Face Session



**1-800-767-5320**

## HMSA EMPLOYEE ASSISTANCE/WORK-LIFE PROGRAM

The Employee Assistance Program is a **confidential, voluntary** service that provides professional counseling and referral services designed to help you and your family members with personal, job or family related problems. Your EAP can help you and your family members identify, resolve and gain control over personal problems that may be interfering with work and daily life.

*Services are  
confidential and free!*

Some common concerns the EAP can help with:

- Stress, Anxiety, Depression
- Life Transitions
- Grief & Loss
- Divorce / Separation
- Conflict Resolution
- Substance Abuse
- Work-Life Counseling

### DEDICATED TOLL FREE CRISIS LINE

- 24 hours a day
- 7 days a week
- 365 days a year

### DIAGNOSTIC ASSESSMENT AND PROBLEM RESOLUTION SESSIONS

- Employees and Family Members are eligible to receive up to a total of 3 face-to-face (or telephonic) short-term problem resolution sessions per issue
- Referral services coordinated with existing health insurance benefits if long term treatment is recommended (*deductibles and co-pay may apply*)

### LEGAL CONSULTATIONS

- Employees / Family Members are eligible to receive one initial 30 minute office or telephonic consultation on separate legal matters at no cost (*Employment Law excluded*)
- If the attorney is retained beyond the initial consultation, a 25% discount will be applied

### FINANCIAL CONSULTATIONS

- Employees / Family Members are eligible to receive one initial telephonic consultation on separate financial issues at no cost
- Consultation is generally limited to between 30-60 minutes

### ONLINE WORK-LIFE EAP RESOURCES

[www.my-life-resource.com](http://www.my-life-resource.com)



Username: **hmsa**  
Password: **myresource**

### ONLINE RESOURCES AVAILABLE (but not limited to):

- Additional Legal and Financial Tools
- Financial Calculators
- Childcare
- Eldercare
- Health and Wellness Resources
- Health and Wellness Podcasts
- 1,000+ Articles
- Simple Will Preparation