

EAP and Work-Life Services

Life made easier

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Your Employee Assistance Program (EAP) and Work-Life Services help you and your household members manage everyday life issues that can affect you at home and at work. Call the toll-free number anytime to talk with an experienced consultant who can help you find solutions. Your employer pays all service costs.

EAP and Work-Life Services offer:

- Assistance and counseling in person or by telephone
- Assessment and assistance from a Work-Life specialist who is an expert in childcare, adult care, or other everyday concerns
- Free 30-minute consultations with attorneys and financial counselors
- Access to a website with articles, discounts, podcasts, webinars, assessments, live chats, and databases to help you find local resources



Humana.



EAP and Work-Life Services

Confidential help with your personal, work-related, and emotional concerns.

Humana.com/eap

username: **scs**

password: **scs**

24 hours a day, seven days a week.



EAP and Work-Life Services

Find everyday resources for things like:

- Retirement planning
- Dealing with difficult coworkers
- Conflict
- Career development
- Communicating with your boss
- Resolving legal problems
- Care for children with special needs
- Relationship issues
- Separation/divorce
- Childcare
- Parenting/discipline
- Quitting smoking
- Stress and anxiety
- Time management
- Adoption
- Losing weight
- Grief and loss
- Financial issues
- Depression
- Addictions
- Finding schools
- Paying for school
- Older adult care
- Nutrition

Free and confidential

1-866-440-6556 (TTY: 711)

EAP and Work-Life are provided for all eligible employees and household members. Personal information remains confidential according to all applicable state and federal laws.

Access is easy! 24 hours a day, seven days a week.

A photograph of a woman and a young child sitting on a swing set. The woman is smiling and kissing the child on the cheek. They are both wearing striped shirts. The background is a bright, hazy sunset or sunrise, creating a warm, golden glow. The swing set ropes are visible on either side of the pair.

For a brighter day

You can find a better tomorrow today. Whether you're looking for financial information, travel and vacation resources, or other everyday assistance, our knowledgeable and friendly Work-Life specialists and EAP professionals can help.

EAP and Work-Life are convenient, confidential, and provided at no cost to you and members of your household. We're here 24 hours a day, seven days a week, so call anytime.

1-866-440-6556

Or visit us at [Humana.com/eap](https://www.humana.com/eap)

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