



Basic Enhanced Employee Assistance Program

When you need someone to talk to

What to Expect

When you call, you will speak directly to an EAP professional to receive **immediate support and guidance**.

The information gathered is **confidential**. The EAP professional does not communicate with your employer about your situation unless there is a risk of harm to you or others. We simply help you gain a better understanding of your situation and **collaborate with you to find solutions** that are responsive to your needs.



Don't delay – Call today.

An objective point of view can be a good start to working through your concerns. Start today by calling an EAP professional at 800-316-2796 for confidential consultation and resource services... 24 hours a day, 7 days a week. Or visit mutualofomaha.com/eap

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Benefits that
workSM

Life's not always easy. Sometimes a personal or professional issue can affect your work, health and general well-being.

When facing life's challenges, you often turn to family or friends for support. But sometimes that's not enough. Sometimes you need an experienced professional to talk with to know you're not alone.

Mutual of Omaha's Employee Assistance Program (EAP) is available to keep your concerns confidential and help guide you through difficult situations. The work-based program assists employees and their eligible dependents with personal and job-related concerns, including:

- Emotional well-being
- Family and relationships
- Legal and financial
- Healthy lifestyles
- Work and life transitions
- Stress and resiliency
- Depression
- Grief
- Gambling and other addictive behavior

Highly Trained, Experienced EAP Staff

Our EAP staff members are all licensed, master's level Employee Assistance Professionals. They provide short-term, solutions-focused counseling, by assessing the situation and referring to the appropriate resources as necessary.

EAP Benefits

As an employee of your company your EAP benefits include:

- 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 also can 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

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.

MUTUAL OF OMAHA'S

Employee Assistance Program

Professional, Confidential, Quality Assistance

Available anytime: 1-800-316-2796
mutualofomaha.com/eap

Administered by:

Mutual of Omaha Insurance Company
United of Omaha Life Insurance Company
Mutual of Omaha Plaza
Omaha, NE 68175

MUTUAL OF OMAHA'S **Employee Assistance Program**
Professional, confidential
consultation, 24 hours a day

- Family and personal concerns
- Life transitions
- Work-related issues
- Problem solving
- Positive self-care
- Resources/referral

Toll-free: 800-316-2796
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