



## Life's stresses aren't a game Real solutions are close at hand

Your work-life balance employee assistance program (EAP) gives you personal, confidential\* advice

**This service is available at no additional cost and offers information and support for issues such as:**

- Dealing with anxiety
- Finding child and elder care providers
- Managing work and personal relationships
- Finding legal resources and referrals
- Coaching and time management for managers
- Creating a budget

800-854-1446

Online access:

[www.lifebalance.net](http://www.lifebalance.net)

User ID & Password:

lifebalance



**Help is only a call away.**

Your work-life balance EAP phone number and online access information can be found on the wallet card provided by your HR department.



\* The consultant must abide by federal regulations regarding duty to warn of harm to self or others. In these instances the consultant may be mandated to report a situation to the appropriate authority.

The Work-life balance employee assistance program, provided by Ceridian HCM, is available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult your

attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details.

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