

› 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.

Mutual of Omaha's EAP assists employees and their eligible dependents with personal or job-related concerns, including:

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

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 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 consultations

*California Residents: Knox-Keene Statute limits no more than three face-to-face sessions per six-month period per person.

- Legal assistance and financial services
 - *Online will preparation*
 - *Legal library & online forms*
 - *Telephonic financial consultation*
- Resources for:
 - *Financial tools & resources*
 - *Substance abuse and other addictions*
 - *Dependent and elder care assistance & referral services*
- Access to a library of educational articles, handouts and resources via mutualofomaha.com/eap

WHAT TO EXPECT

You can trust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

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

Benefits that
workSM

Insurance products and services are offered by Mutual of Omaha Insurance Company or one of its affiliates. Home office: 3300 Mutual of Omaha Plaza, Omaha, NE 68175. Mutual of Omaha Insurance Company is licensed nationwide. United of Omaha Life Insurance Company is licensed nationwide, except in New York. Companion Life Insurance Company, Hauppauge, NY 11788-2937, is licensed in New York. Each underwriting company is solely responsible for its own contractual and financial obligations. Some exclusions or limitations may apply.