



EMPLOYEE ASSISTANCE PLAN (EAP)

**This benefit is paid for 100% by your employer. There is no cost to you, the employee.
All members of your household can utilize the benefits of this program.**

All benefit eligible employees are provided with employer paid Employee Assistance Plan (EAP). All eligible employees are automatically enrolled in the EAP. All members of your household can utilize the benefits of this program.

Life is full of challenges and sometimes balancing it is difficult. The EAP is there when you need it, offering the appropriate assistance for a wide range of issues and provides referrals to professional counselors or services that can help you resolve emotional health, family and work issues.

- Healthy Living
- Stress Management
- Mental Health
- Diet & fitness
- Overall wellness
- Parenting support
- Child & elder care
- Learning programs
- Special needs help
- Legal issues
- Will preparation
- Taxes
- Debt
- Financial planning



Along with unlimited telephonic access, the EAP also offers face-to-face visits with a counselor per person per situation. Member Services Available 24/7!

Your privacy matters. EAP participation is totally confidential.

Phone: 800-316-2796

Online: www.mutualofomaha.com/eap