

# UHC Employee Assistance Program

For Insureds on UnitedHealthcare Medical Plans



## Legal and Financial Concerns

Talk to an attorney or a financial professional for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts
- Budgeting, debt, bankruptcy and more

## Emotional Support

Highly-trained clinicians will help you or your family members covered on insurance with issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

## Additional Resources

Creating value for you by providing:

- Guidance to relevant community and social resources
- Access to a network of 180,000 clinicians nationwide

## About EAP

From time-to-time, we all face personal hardships.

Whether it's a concern over family issues, professional matters, legal or financial issues, the

EAP program provides all employees and their dependents covered on insurance, someone to talk to and resources to consult whenever and wherever you need them.

**One call could change your life for the better.**

## FAQs

- ✓ EAP is a free benefit provided to employees and dependents covered on a UnitedHealthcare medical plan.
- ✓ You receive three sessions at no cost. All sessions are confidential and you can be referred to a UHC counselor after three visits.
- ✓ To seek help - call the phone number on your health ID card and ask to speak to an EAP consultant. Or contact EAP directly 24/7 at 1-888-887-4114.