UNITEDHEALTHCARE EMPLOYEE ASSISTANCE PROGRAM



For Insureds on UnitedHealthcare Medical Plans

About EAP

From time to time, we all face personal hardships. Whether it's a concern about family issues, professional matters, or legal or financial issues, the EAP program provides you and your dependents with insurance coverage, someone to talk to, and resources to consult whenever and wherever you need them.

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, and trusts
- Budgeting, debt, bankruptcy, and more

Emotional Support

Highly trained clinicians will help you or your family members covered by 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

FAQs

- EAP is a free benefit provided to you and your dependents covered by a UnitedHealthcare medical plan.
- You can be referred to a UHC counselor and see them for three visits at no cost. All sessions are confidential.
- 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.