



Life's stresses aren't a game

Real solutions are close at hand

unum.com
MK-1516 (11-12)

Work-life balance employee assistance program

Toll-free, 24-hour access

- 1-800-854-1446: English
- 1-877-858-2147: Spanish
- 1-800-999-3004: TTY/TDD

Online access

www.lifebalance.net; user ID and password: lifebalance



Your work-life balance employee assistance program — provided at no additional charge through your company's insurance benefit plan — can help you find solutions for the everyday challenges of work and home as well as for more serious issues involving emotional and physical well-being.

- Childcare and/or eldercare referrals
- Personal relationship information
- Health information and online tools
- Legal consultations with licensed attorneys
- Financial planning assistance
- Stress management
- Career development

Help is easy to access

- **Telephone consultations:** Speak confidentially with a master's level consultant to clarify your need, evaluate options and create an action plan.
- **Face-to-face meeting:** Meet with a local consultant up to three times per issue for short-term problem resolution.*
- **Educational materials:** Receive information through our online library of downloadable materials and interactive tools.

To learn more, please visit www.lifebalance.net;
user ID and password: lifebalance

Work-life balance employee assistance program services are provided by Ceridian Corporation and are available with selected Unum insurance offerings. Exclusions, limitations and prior notice requirements may apply, and service features, terms and eligibility criteria are subject to change. The services are not valid after termination of coverage and may be withdrawn at any time. Please contact your plan administrator for full details.

*In California and Nevada, you may confer with a local consultant up to three times in a six-month time period.

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MK-1516 (11-12) FOR EMPLOYEES



This is not a medical insurance card.

Keep this card with you at all times. It gives you immediate access to a full range of confidential work-life balance services for you and your family. If you need additional cards, contact your workplace plan administrator.

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