What to Expect

When you call, you will speak directly to an EAP professional to receive *immediate support and guidance.*

You can entrust 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 resources are needed, your EAP professional can assist by locating affordable solutions in your area.

Don't delay – Call today.

An objective point of view can be a good start to working through your concerns. Start today by calling an EAP professional at 800-316-2796 for confidential consultation and resource services…24 hours a day, seven days a week. Or visit *mutualofomaha.com/eap*

Mutual of Omaha

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.

MUGC9478 0814

Mutual of Omaha

› Basic Enhanced Employee Assistance Program

WHEN YOU NEED SOMEONE TO TALK TO

Provided to you by:
City of Beaufort
Group Number: G000AWVK

Benefits that work℠

Life's not always easy. Sometimes a personal or professional issue can affect your work, health and general well-being.

When facing life's challenges, you often turn to family or friends for support. But sometimes that's not enough. Sometimes you need an experienced professional to talk with to know you're not alone.

Mutual of Omaha's Employee Assistance Program (EAP) assists employees and their eligible dependents with personal and job-related concerns, including:

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

HIGHLY TRAINED, EXPERIENCED EAP STAFF

Our EAP staff members are all licensed, master's level Employee Assistance Professionals. They provide a solution-focused approach by assessing your situation and referring to the appropriate resources necessary.

EAP BENEFITS

As an employee, or eligible dependent, of your company your EAP benefits include:

- 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 and/or certified mental health professionals
- Three face-to-face sessions* with a counselor (per household per calendar year)
- Legal assistance and financial services
    - Online will preparation
    - Legal library and online forms
    - Telephonic financial consultation
    - Financial tools and resources
- Resources for:
    - Work/life balance
    - Substance abuse
    - Dependent and Elder Care assistance and referral services
- Access to a library of educational articles, handouts and resources via *mutualofomaha.com/eap*

**Face-to-face visits also can 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.*

MUTUAL OF OMAHA'S Employee Assistance Program

Professional, Confidential, Quality Assistance

Available anytime: 1-800-316-2796
mutualofomaha.com/eap

Administered by:
Mutual of Omaha Insurance Company
United of Omaha Life Insurance Company
3300 Mutual of Omaha Plaza
Omaha, NE 68175

MUTUAL OF OMAHA'S Employee Assistance Program

Professional, confidential consultation, 24 hours a day

- Family and personal concerns
- Life transitions
- Work-related issues
- Problem solving
- Positive self-care
- Resources/referral

Toll-free: 800-316-2796
mutualofomaha.com/eap
Group Number: G000AWVK