

EMPLOYEE ASSISTANCE PROGRAM (EAP) OVERVIEW

Life's not always easy.

Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your Employee Assistance Program (EAP) can be the answer for you and your family.

We're Here to Help

Mutual of Omaha's EAP assists employees and their eligible dependents with personal or job-related concerns, including:

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

EAP Benefits

- Access to EAP professionals 24/7/365 that can provide information and referral resources
- Service for employees and eligible dependents
- Robust network of licensed mental health professionals
- 3 face-to-face sessions with a counselor (per household per calendar year)
- Legal assistance & Financial Resources
 - Online will preparation
 - Legal library & online forms
 - Financial tools and resources
- Resources for:
 - Substance use and other addictions
 - Dependent and elder care resources
- Access to a library of educational articles, handouts and resources via mutualofomaha.com/eap



What to Expect

You can trust 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 Skyline Center. There is no cost to you for utilizing EAP services. If additional services are needed, your EAP will help locate appropriate resources in your area.

Don't delay if you need help!

Visit www.mutualofomaha.com/eap or call 800-316-2796 for confidential consultation and resource services.