

EAP/Work-Life Program

Get the guidance you need—any day, any time.

For full-time, part-time, and supplemental employees.

Life

- Stress
- Addiction and recovery
- Depression
- Anxiety
- Relationships
- Grief and loss

Family

- Childcare resources
- Emergency and backup care
- Summer school/vacation camp
- Parenting
- Adoption
- Child development
- College planning
- Caring for older adults

Money

- Budgeting
- Debt management
- Home buying and refinancing
- Retirement planning
- Insurance
- Tax planning
- Identity theft

Legal

- Estate planning
- Legal forms, wills, power of attorney, final arrangements
- Free initial legal consultation, 25 percent discount from standard legal fees for subsequent services

Work

- Co-worker relationships
- Change and transition
- Balancing work and personal life
- Relocation
- Business travel
- Job stress
- Communication

Everyday Issues

- Consumer information
- Home remodeling and repair
- Home and car buying
- Big-ticket purchases
- Pet care resources

Easy access to online services

As part of the program, you have access to a comprehensive resource. The website features hundreds of free articles, audio features, and financial calculators to help you with budgeting and investing. You can also listen to webinars, take quizzes, download legal forms and sign up for newsletters.

When you call, you'll talk with a trained professional who will:

- Ask you about your situation
- Help you clarify the problem
- Offer guidance and support
- Connect you with experts who can help with work-life issues

These confidential services, which LifeSynch maintains according to state and federal requirements, are just a telephone call away for both you and your household members.

Strict Confidentiality

Personal information about you and your household members is confidential. EAP/work-life confidentiality complies with state and federal requirements.

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lifesynch.com/eap

866-219-1232



LifeSynch

Changing behaviors, improving lives

a HUMANA company

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EAP/Work-Life 866-219-1232
lifesynch.com/eap

For Information:

1. Go to: lifesynch.com/eap
2. Enter username: midland (not case sensitive)
3. Enter password: midland (not case sensitive)

24 hours
7 days

Assistance with personal, work-related, or emotional concerns.

EAP/work-life services are provided for all eligible employees and family members.