unum®
Better benefits at work.

Life's stresses aren't a game

Real solutions are close at hand with the
Employee Assistance Program (EAP)

Lifebalance.net

Give your staff confidential,* experienced guidance available to help them deal with life's issues.

For an online demo, go to:

› www.lifebalance.net

› Type "wlbeap" for user ID

› Type "demo" for password

Your company's success depends on how well you attract and retain valuable employees and help them stay productive.

Outside of the office, your employees may have personal goals and challenges in their lives. Finances, family conflicts and other life issues can shift their attention and energy away from your business and decrease productivity.

Offering an employee assistance program can help workers better deal with stress, increase their company loyalty and help them be more productive.[1]

Help your workforce work through challenges, before they impact your business.

Give your employees a way to find solutions to challenges with Unum's Work-life Balance Employee Assistance Program (EAP).

These services include resources that provide support for workers struggling with personal or work-related concerns (includes face-to-face meetings,** live telephone support and online resources). Master's-level consultants are available to your employees who need help to:

› Work through complex, sensitive issues such as personal relationships, depression and substance abuse

› Find child care or elder care

› Learn how to budget, resolve debt and more

All your employees will have unlimited access to the website — www.lifebalance.net — where they can subscribe to email newsletters and access:

› Downloadable booklets, life articles and guides to read

› Podcasts, audio tips, CDs, toolkits and webinars

› Information on parenting, retirement, finances, education and more

› Health management online calculators and self-assessment tools, articles, tips and podcasts

It works!

WORK-LIFE BALANCE EAP USAGE[2]

Among employees who access
Work-life Balance EAP services:

65% report less stress

63% report higher
productivity

The top reasons employees access the Work-life Balance EAP service:

- Stress management
- Couples
- Depression
- Family

Reduce work-related stress for your managers

Help is here for your management team as well — from employee productivity and retention to well-being. As often as needed your management staff can call our team of Master's-level management consultation experts to:

- Have a confidential sounding board and objective view
- Get coaching to prepare for difficult conversations with employees
- Make informal or mandatory employee referrals to EAP services

In addition, managers and supervisors can log onto the website to access a wealth of resources, including:

- Booklets and dozens of articles on all aspects of managing people
- Podcasts for managers
- The monthly "Managing People" newsletter (subscribe on the home page)

Our Work-life Balance Employee Assistance Program is included with specified Unum group insurance benefits.

MORE To learn more, contact your local Unum representative.

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*The consultants must abide by federal regulations regarding duty to warn of harm to self or others. In these instances the consultant may be mandated to report a situation to the appropriate authority.

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

1,2 Ceridian, "Ceridian Performance Dashboard Internal Data" (2016).

The Work-life balance employee assistance program, provided by LifeWorks, is available with select Unum insurance offerings. Terms and availability of service are subject to change.

Service provider does not provide legal advice; please consult your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details.

Insurance products underwritten by the subsidiaries of Unum Group.

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