

Life comes with challenges.

Your Employee Assistance Program is here to help.

Your Employee Assistance Program can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.

All services are free, confidential, and available to you and your family members. This includes access to short-term counseling and the wide range of services listed below:

- 1. Mental Health Services**

Manage stress, anxiety, and depression, resolve conflict, improve relationships, overcome substance abuse, and address any personal issues with one-on-one support.
- 2. Life Coaching**

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and build balance with one-on-one coaching.
- 3. Financial Consultation**

Build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identity theft, and saving for retirement or tuition with guidance from certified professionals.
- 4. Legal Consultation**

Get help from a licensed attorney with personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.
- 5. Work-Life Resources and Referrals**

Obtain information and referrals from trained resource specialists when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.
- 6. Personal Assistant**

Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.
- 7. Medical Advocacy**


Get help from trained professionals navigating insurance, obtaining doctor referrals, securing medical equipment or transportation, and planning for transitional care and discharge.
- 8. Member Portal and App**






These digital tools enable you to access your benefits 24/7/365 with online requests and chat options. They also provide easy access to thousands of articles, webinars, podcasts, and tools covering total well-being.

Cut & Fold Me!

**UNITED
WORKERS
WELLNESS**

Life can be challenging!
UWW EAP Plus can help you:



-  Improve mental wellbeing
-  Live healthier
-  Care for loved ones
-  Receive critical incident support
-  Address financial or legal concerns

**UNITED
WORKERS
WELLNESS**

"We make life easier by connecting you with the right information, resources, and referrals."

Your company code is:

CBRUW

All services are free, confidential, and available to you and your family members.

Call for personal support:
(855) 786-0274

Request support online at
mylifeexpert.com/login/uwwellness



Contact Your Employee Assistance Program
Call: 855-786-0274
www.mylifeexpert.com/login/uwwellness
 Company Code: CBRUW