

## Employee Assistance Program (EAP)

Available to all employees, our EAP partner Mutual of Omaha helps you and your family manage life's challenges with in-person, phone, and video counseling sessions, all at no cost to you. You can also get referrals to household services related to child/elder care, financial and legal help, and much more.

## Mental Well-Being

You can receive up to three counseling sessions per issue per year. If you are enrolled in a Medica plan, you have access to five additional in-person assessments. The sessions are a free and confidential service and are available face to face, online with televideo, or by phone.

Licensed counselors can help with issues such as:



MARITAL OR FAMILY PROBLEMS



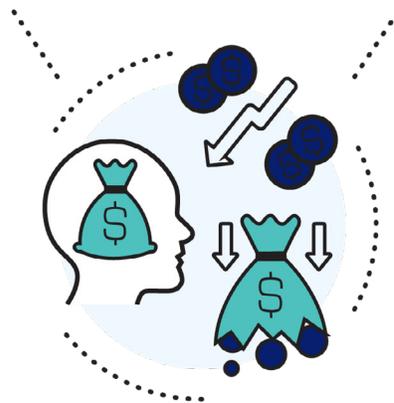
SUBSTANCE ABUSE



AGING PARENTS



STRESS, ANXIETY OR DEPRESSION



FINANCIAL ISSUES

When you need in-the-moment emotional well-being support, counselors are here to help 24/7. You can call **800-316-2796** or visit the Mutual of Omaha website at [mutualofomaha.com/eap](https://mutualofomaha.com/eap).

An EAP through Medica is also available. This is for participants in the health plan. For more information on this please visit [LiveandWorkWell.com](https://LiveandWorkWell.com) and use access code "MEDICA" or call 1-800-626-9744.