



UnumProvident's Work-LifeBalance® Program at a Glance

Issue	Consultation Topics	Referral Types
EMOTIONAL WELL-BEING	<ul style="list-style-type: none"> • Stress/depression • Marital issues • Grief and loss • Domestic violence • Family matters 	<ul style="list-style-type: none"> • In-person assessment session • Individual or family counseling • Shelters • Support groups • Court services
EVERYDAY ISSUES	<ul style="list-style-type: none"> • Health information • Purchasing a large ticket item • Appliance or home repair • Screening a pet sitter 	<ul style="list-style-type: none"> • Consumer research • National Associations • Housing and pet sitting services • Appliance and home repair service
LEGAL MATTERS	<ul style="list-style-type: none"> • Divorce/family matters • Landlord/tenant • Criminal matters • Wills/consumer issues 	<ul style="list-style-type: none"> • Attorneys • Legal Programs • Community resources
FINANCIAL ISSUES	<ul style="list-style-type: none"> • Credit Management • Household budgeting • Investments/retirement planning • Insurance and taxes • Emergency services 	<ul style="list-style-type: none"> • Credit counseling • Financial planners • Tax professionals • Community resources
EDUCATION & SCHOOLING	<ul style="list-style-type: none"> • Choosing a school • Preparing for college • Helping with study skills/homework 	<ul style="list-style-type: none"> • Private/public Schools • Special needs program • Scholarship and college searches
WORK ISSUES	<ul style="list-style-type: none"> • Co-worker relationships • Job burnout • Career planning • Performance concerns 	<ul style="list-style-type: none"> • Internal HR department • Policy and procedure information
PARENTING & CHILD CARE	<ul style="list-style-type: none"> • Prenatal • Adoption • Child development • Parenting skills • Gifted/special needs 	<ul style="list-style-type: none"> • Adoption agencies • Day care centers/family day care • Before and after school care • Backup and emergency care • Special programs
RESOURCES FOR SENIORS	<ul style="list-style-type: none"> • Caring for elders and the disabled • The aging process • Long distance caregiving • Understanding Medicare/wills 	<ul style="list-style-type: none"> • Care centers • In-home services • Meal and transportation programs • Geriatric assessments
DISABILITY & ACCESSIBILITY	<ul style="list-style-type: none"> • Advocating for services • Legal protections • Living with a disability • Caregiver support 	<ul style="list-style-type: none"> • Community programs and services • Special needs programs for students with disabilities • Centers for independent living
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ADDICTION & RECOVERY	<ul style="list-style-type: none"> • Alcohol • Drugs • Gambling • Eating disorders 	<ul style="list-style-type: none"> • Treatment centers/detox services • Counseling • Support groups/community services • Education courses