

UNUM Employee Assistance Program

Staker & Parson Companies is pleased to announce a new service called UnumProvident's Work-Life Balance Program, a feature of your Income Protection coverage with UnumProvident. It can be difficult to balance the demands of work with those of your personal life. Stress, work, concerns and coping with personal situations can throw your life out of balance. The work-life balance program is a one-stop resource that offers consultation, information, and personalized community referrals available 24 hours a day, 7 days a week for you and your family members.

When you call, you will be assisted by expert consultants who can help with issues such as:

<p>Emotional Well-being Finding time for yourself, relationship conflicts, first-time events, grief and loss, depression, stress, marital concerns.</p>	<p>Work Issues Co-worker relationships, change in workplace, business travel, career planning, communication skills.</p>
<p>Everyday Issues House sitting, appliance/home repairs, buying big-ticket items, pet sitter/pet care, healthy lifestyle, nutrition, and exercise.</p>	<p>Parenting and Child Care Pregnancy and birth, adoption, child development, step or single parenting, adolescents, discipline issues, child care options.</p>
<p>Legal Matters Divorce, family matters, landlord/tenancy, real estate, consumer issues, criminal, debt/credit matters, attorney selection.</p>	<p>Resources for Seniors Long-distance caregiving, care options, Medicare information, meal and transportation programs.</p>
<p>Financial Issues Budgeting, debt management, investing, insurance options, taxes, retirement planning.</p>	<p>Disability & Accessibility Education rights & resources, independent living, accessing services, confronting discrimination, caregiver support.</p>
<p>Education & Schooling Homework issues, study habits, college application process and selection, special needs programs, scholarships.</p>	<p>Addiction & Recovery Alcohol, smoking, gambling, eating disorders, education, treatment options.</p>

The work-life balance program is part of your benefit package and easy to use. Best of all, you may call as often as you like. The Masters-level consultant will help assess your situation and develop a plan with you to resolve concerns. Calls are strictly confidential; no one will know you called unless you tell them. Work-life balance consultants have access to resources and in-house experts to provide the appropriate information that will meet your needs. You may see a counselor in-person up to three times per issue if your concern is a short-term concern. If your personal issue is longer term in nature, the consultant may suggest you access your mental health benefits and will assist with a referral if you request that.

The work-life balance program is made available to save time, money and energy by providing information at your fingertips – allowing more time for you to do the thing you enjoy. The help you need is just a phone call or on-line click away.

English 1-800-854-1446
Spanish 1-877-858-2147
TTY or TDD 1-800-999-3004

www.lifebalance.net

ID is **lifebalance** Password is **lifebalance**