



EAP and Work-Life Services

Convenience services

Good news – you can get more done in a day. We understand that balancing work and life can be challenging. That’s why we offer you around-the-clock access to Work-Life specialists who have expertise in convenience needs. Whether you have a quick question or need a local resource, we can help you find what you want, including services to address things like:

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|--------------------------|-------------------------------|
| Home or appliance repair | Dependents with special needs |
| Moving and relocation | Retirement |
| Marriage | Passports and visas |
| Emergency readiness | Event planning |
| Restaurant reservations | Purchasing household items |
| Travel needs | Errand-running |
| Event tickets | Family planning |
| Personal shoppers | Adoption |
| Pet care | Child and adult care |
| Adolescent issues | Parenting |
| College planning | Emergency dependent care |

How it works

When you call, our specialists will talk with you about your concerns and discuss your options. Then we’ll perform a custom search for local resources based on your needs and preferences and give you a list of referrals along with relevant articles, checklists, and other resources to help you meet your unique needs.

Online resources

You and members of your household have unlimited access to the program and can call anytime for information and referrals.

Our website also features:

- Articles on work-life topics including child care, parenting, pet care, adoption, moving and relocation, and more
- Checklists and calculators
- Quizzes and assessments
- Local resource searches by address or ZIP code
- The SpendLess discount program

Employee Assistance Program (EAP) and Work-Life Services are convenient, confidential, and provided at no cost to you and members of your household. We’re here 24 hours, seven days a week, so contact us today and take back some of the hours in your day.

Life made easier.



Call **1-866-440-6556** or visit us at **Humana.com/eap**
Username: eapt
Password: eapt



Humana.com

Personal information about participants remains confidential according to all applicable state and federal laws, unless disclosure is required by such laws. Services provided by Humana EAP and Work-Life Services.