

Aflac EAP and Work-Life Services

Life made easier

The Aflac Employee Assistance Program (EAP) and Work-Life Services – helping you and your household members manage everyday life issues that can affect you at home and at work. Call the toll-free number anytime to talk with an experienced professional who can help you find solutions. Your employer pays all service costs.



EAP and Work-Life Services:

- Assistance and counseling in person or by telephone
- Free 30-minute consultations with attorneys and financial counselors
- Website with articles, discounts, podcasts, webinars, assessments, live chats, and databases to help you find local resources
- Assessment and assistance from a Work-Life specialist who is an expert in childcare, adult care, or other everyday concerns
- Access to Life Coach, a holistic program designed to meet your needs and help you achieve personal and professional goals. Connect with your coach by phone or email

Humana.

Aflac

Aflac EAP and Work-Life Services

Confidential help with your personal, work-related, and emotional concerns. 24 hours a day, seven days a week.



Humana.com/eap

EAP APP/WEB LOGIN:

username: Decker

password: eap

DOWNLOAD OUR APP



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Find everyday resources for things like:

- Retirement planning
- Dealing with difficult coworkers
- Conflict
- Career development
- Communicating with your boss
- Resolving legal problems
- Care for children with special needs
- Relationship issues
- Separation/divorce
- Childcare
- Parenting/discipline
- Quitting smoking
- Stress and anxiety
- Time management
- Adoption
- Losing weight
- Grief and loss
- Financial concerns
- Depression
- Addictions
- Finding schools
- Paying for school
- Older adult care
- Nutrition

These non-insurance services are provided by Humana EAP and Work-Life Services. Personal information about participants and members of their households remains confidential according to all applicable state and federal laws, unless disclosure is allowed by such laws.

Free legal/financial consultations are limited to 30 minutes per issue. A 25 percent discount on further legal and tax preparation services provided by attorneys, mediators, and financial counselors is available. Certain legal and financial topics and issues are excluded from this service.

Important!

At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-866-440-6556 (TTY: 711).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-440-6556 (TTY: 711).

繁體中文 (Chinese): 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-866-440-6556 (TTY: 711)。

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Free and confidential

1-888-673-1147 (TTY: 711)

Aflac EAP and Work-Life – provided for all eligible employees and household members. Personal information remains confidential according to all applicable state and federal laws.

Access is easy! 24 hours a day, seven days a week.