# Available Services When You Need Help the Most



Life isn't always easy. Sometimes a personal or professional issue can affect your work, health and general well-being. During these tough times, it's important to have someone to talk with to let you know you're not alone.

With Mutual of Omaha's Employee Assistance Program, you can get the help you need so you spend less time worrying about the challenges in your life and can get back to being the productive worker your employer counts on to get the job done.

Learn more about the Employee Assistance Program services available to you.

- We are here for you

Visit the Employee Assistance Program website to view timely articles and resources on a variety of financial, well-being, behavioral and mental health topics.

mutualofomaha.com/eap or call us: 1-800-316-2796

#### **Enhanced EAP Services**

Features	Value to Company and Employees
Employee Family Clinical Services	An in-house team of Master's level EAP professionals who are available 24/7/365 to provide individual assessments
	Outstanding customer service from a team dedicated to ongoing training and education in employee assistance matters
	Access to subject matter experts in the field of EAP service delivery
<b>Counseling Options</b>	Three sessions per year (per household) conducted by either face-to-face* counseling or video telehealth via a secure, HIPAA compliant portal
<b>Exclusive Provider</b>	National network of more than 10,000 licensed clinical providers
Network	Network continually expanding to meet customer needs
	Flexibility to meet individual client/member needs

 ${}^{\star} California\ Residents:\ Knox-Keene\ Statute\ limits\ no\ more\ than\ three\ face-to-face\ sessions\ in\ a\ six-month\ period\ per\ person.$ 

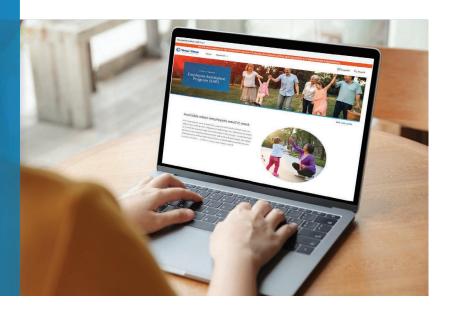
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## **Enhanced EAP Services** (continued)

Features	Value to Company and Employees
Access	1-800 hotline with direct access to a Master's level EAP professional
	• 24/7/365 services available
	Telephone support available in more than 120 languages
	Online submission form available for EAP service requests
	EAP professionals will help members develop a plan and identify resources to meet their individual needs
Employee Family Legal Services	Valuable resources – legal libraries, tools and forms – available on EAP website
	A counseling session may be substituted for one legal consultation (up to 30 minutes) with an attorney
	25% discount for ongoing legal services for same issue
Employee Family Financial Services	<ul> <li>Inclusive financial platform powered by Enrich that includes financial assessment tools, personalized courses, articles and resources, and ongoing progress reports to help members monitor their financial health</li> </ul>
	A counseling session may be substituted for one financial consultation (up to 30 minutes) with an attorney
	25% discount for ongoing financial services for same issue
Employee Family Work/Life Services	Child care resources and referrals
	Elder care resources and referrals
Online Services	An inclusive website with resources and links for additional assistance, including:
	Current events and resources     Legal assistance
	Family and relationships     Physical well-being
	Emotional well-being     Work and career
	Financial wellness
	Substance abuse and addiction
	Bilingual article library
Employee Communication	All materials available in English and Spanish
Eligibility	Full-time employees and their immediate family members; including the employee, spouse and dependent children (unmarried and under 26) who reside with the employee
Coordination with Health Plan(s)	EAP professionals will coordinate services with treatment resources/providers within the employee's health insurance network to provide counseling services covered by health insurance benefits, whenever possible

## Our New Financial Wellness Tool Can Benefit You



How do you feel about your current financial situation? Nearly half of all employees nationwide say they worry about their personal finances while at work.\* We don't want you to be part of that statistic.

To help you make better informed financial decisions, you now have access to a new financial wellness tool that's part of Mutual of Omaha's Employee Assistance Program.

The financial wellness tool from Enrich is a convenient, one-stop shop that provides you access to a variety of informational and educational resources with one goal in mind – to help you become financially healthy.

# Here are the resources you'll find in the financial wellness tool:

- Online courses
- Webinars and financial coaching videos
- Budgeting tools and calculators
- Career development tools
- Chat functionality for technical support
- · And more!

The availability of this tool comes at a great time as you are putting more focus and effort into exploring solutions to your financial situation.



#### Here's how it works:

Go to mutualofomaha.com/eap.

Click on **Managing Finances** to locate the Enrich link.

Click Sign Up.

Complete **registration** information and begin.

### Set up your profile:

It's as easy as 1-2-3!

- Complete your Financial Wellness Checkup. This will help Enrich make personalized recommendations for content, tools and courses.
- 2. Choose a cover photo of your top financial goals.
- 3. Upload a profile photo.



\* Source: PwC's 9<sup>th</sup> annual Employee Financial Wellness Survey, PwC US, 2020.