

Mutual of Omaha Employee Assistance Program

DID YOU KNOW?

Your employer has purchased the services of the Mutual of Omaha Employee Assistance Program (EAP) for you and your immediate family members. You have 5 face-to-face visits available to your household per calendar year.

- **What is an Employee Assistance Program (EAP)?**

An EAP is a confidential work-based program designed to assist employees, their family members and significant others with personal and job-related concerns.

- **Why would your company purchase this program for their employees?**

The health and well-being of employees plays a major role in the success of any company. An understanding of this relationship has resulted in more and more companies making EAP services available to their employees in the interest of maintaining optimum health and productivity in the workplace.

- **Why do people call the EAP?**

Thousands of employees and family members call their EAP each year for assistance with a wide range of issues. Certainly, any concern would be a reason to contact the EAP. In many situations, employees and their family members have financial, relationship, stress, parenting, substance abuse, and/or emotional concerns.

- **Who will know that I have used the EAP?**

Contacts with the EAP are confidential and EAP Professionals are strictly bound by ethical and legal considerations in this regard. If you have any questions when you call, please discuss them with your EAP Professional.

- **Who can use the EAP?**

As an employee with your company, you, your immediate dependent family members and significant others are eligible.

- **Is there a cost for using the EAP?**

The EAP service is free of charge. You have 5 face-to-face visits available to you. If additional help is needed, your EAP will work with you to locate needed resources to include health insurance benefits.

- **Who will answer my call to the EAP?**

A valuable service of your EAP is immediate access to our Employee Assistance Professionals at any time, day or night, 365 days a year.

- **What do our customers have to say about the EAP?**

Over 95% of clients surveyed said they were very likely to recommend the EAP to co-workers and family members. Furthermore, over 95% said they would not hesitate to contact our EAP again.

- **What can I expect when I call the EAP?**

- To speak directly to our EAP Professional immediately
- To receive support and guidance from a trained professional
- To have a better understanding of the issues you are concerned about
- To work with our EAP Professionals to develop a plan which meets your needs

How do I reach the Employee Assistance Program?

It's as simple as calling **800-316-2796** anytime, twenty-four hours a day, 365 days a year.