



## Help foster employee resilience and enhance productivity

Your employees may face all kinds of challenges, from finding reliable child care to more serious issues such as dealing with alcohol or opioid use. These issues can cause stress at home and distractions at work. Help prepare your employees for whatever life may send their way with support and resources available through the Employee Assistance Program (EAP).

### Support that's available around the clock

The EAP can help all employees (not just those in crisis) by providing support 365 days a year through:



**Confidential consultations and counseling** to help employees address stress, anxiety, depression, grief or loss, as well as family, relationship and workplace concerns. It provides them with unlimited, 24/7 access to an EAP specialist who can help in the moment, and more than 200,000 network clinicians nationwide for in-person or virtual support.



**Legal assistance and financial coaching**, including brief consultations on specific legal or financial issues at no initial cost to the individual, and discounted fees for attorneys retained through the EAP.

#### EAP results

**93%+**

employee satisfaction<sup>1</sup>

**40%**

reduction in days impacted by presenteeism (when employees are present but distracted and not engaged)<sup>1</sup>

**29%**

reduction in days absent from work<sup>1</sup>

## Additional support for management teams

The EAP is also designed to help managers, supervisors and human resources staff handle employee and workplace challenges by offering:



Unlimited phone calls with clinically licensed management consultants



Assistance with management referrals to the EAP\*



Coordination of compliance with organization policies

## Creating value for both employees and employers

### For employees:

- 24/7 access to an EAP specialist that can help in the moment with emotional and mental health support
- A strong focus on employees and their families
- Guidance to relevant community and social resources
- Access to more than 200,000 network clinicians nationwide for in-person or virtual support

### For employers:

- Workplace management consultations
- Increased productivity\*
- Reduced absenteeism\*

## Questions?

Contact your UnitedHealthcare representative for additional information

**United  
Healthcare**

\*Goals of the program.

<sup>1</sup> Optum U.S. EAP monthly/quarterly performance review, 2021.

The material provided through this program is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided is right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.