

Employee Assistance Program | 2022

EMPLOYEE ASSISTANCE PROGRAM



Carrier: Mutual of Omaha
 Phone: 800-316-2796
 Website: mutualofomaha.com/eap
 Group #: G000BGJ7

LIFE'S NOT ALWAYS EASY

Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your Employee Assistance Program (EAP) can be the answer for you and your family.

WHAT TO EXPECT

You can trust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided through your employer. If additional services are needed, your EAP will help locate appropriate resources in your area.

FINANCIAL WELLNESS TOOL

To help you make better informed 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 resources with one goal in mind – to help you become financially healthy.

No cost and completely confidential

Don't delay if you need help visit the website mutualofomaha.com/eap. or call 800-316-2796 for confidential consultation and resource services

<p>We're Here to Help</p>	<ul style="list-style-type: none"> • Emotional Well-Being • Family and Relationships • Legal and Financial • Healthy Life Styles • Work and Life Transitions
<p>EAP Benefits</p>	<ul style="list-style-type: none"> • Access to EAP Professionals 24 hours a day, seven days a week • Provides information and referral resources • Service for employees and eligible dependents • Online resources for: <ul style="list-style-type: none"> • Substance use and other addictions • Dependent and Elder Care resources • Legal library and online forms • Financial and online tools • Access to a library of educational articles, handouts and resources via mutualofomaha.com/eap
<p>Financial Wellness Tool</p>	<p>Here are the resources you'll find in the financial wellness tool.</p> <ul style="list-style-type: none"> • Online courses • Webinars and financial coaching videos • Budgeting tools and calculators • Career development tools • Chat functionality for technical support • And more! <p>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! 1. 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.</p>

Employee Assistance Program | 2022



Carrier Mutual of Omaha
Phone 800-316-2796
Website mutualofomaha.com/eap
Group # G000BGJ7



Life's not always easy. Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your Employee Assistance Program (EAP) can be the answer for you and your family.

WE'RE HERE TO HELP

Mutual of Omaha's EAP assists employees and their eligible dependents with personal or job-related concerns, including:

- › Emotional well-being
- › Family and relationships
- › Legal and financial
- › Healthy lifestyles
- › Work and life transitions

EAP BENEFITS

- › Unlimited telephone access to EAP professionals 24 hours a day, seven days a week
- › Telephone assistance and referral
- › Service for employees and eligible dependents
- › Legal assistance and financial services
 - Online will preparation
 - Legal library & online forms
 - Telephonic financial consultation

› Resources for:

- Financial tools and resources
 - Substance abuse and other addictions
 - Dependent and elder care assistance & referral services
- › Access to a library of educational articles, handouts and resources via mutualofomaha.com/eap

WHAT TO EXPECT

You can trust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided through your employer. If additional services are needed, your EAP will help locate appropriate resources in your area.

Don't delay if you need help. Visit mutualofomaha.com/eap or call 800-316-2796 for confidential consultation and resource services.

Benefits that
workSM

Insurance products and services are offered by Mutual of Omaha Insurance Company or one of its affiliates. Home office: 3300 Mutual of Omaha Plaza, Omaha, NE 68175. Mutual of Omaha Insurance Company is licensed nationwide. United of Omaha Life Insurance Company is licensed nationwide, except in New York. Companion Life Insurance Company, Hauppauge, NY 11788-2937, is licensed in New York. Each underwriting company is solely responsible for its own contractual and financial obligations. Some exclusions or limitations may apply.

10088