

When life gets challenging, you've got caring, confidential help. Your Employee Assistance Program (EAP) provides support and resources to help you and your family with a range of issues, including:

- Depression, anxiety and stress
- Substance use disorder
- Problems or conflicts at work
- · Parenting and family struggles
- Financial or legal issues
- Mental and emotional support as it pertains to chronic and complex medical conditions
- Isolation and loneliness
- Culture shock
- Work-llife balance and burnout

There is no additional cost to access EAP resources. Services are completely confidential and will not be shared with your employer.

## Let's get started

If you want to see a clinician, we'll match you with one in our network who has the appropriate experience to help. If you need financial or legal services, we will refer you to an expert in that field. Member receive up to 7 annual visits per issue with specialists and experts sensitive to your gender, language and cultural requirements.

## There are 3 ways to access EAP:



Call
Talk to a specialist.

United States access: +1.877.510.9664

International access: +44.1865.397.074



Go online
Sign in to
mywellbeingsolution.com
using company access
code: uhcglobal and click
"Contact your EAP" from
the home page.



Download the app
Download the
My Wellbeing app.
Once registered,
click "Contact your
EAP" from the
home page.



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