

We're here when you need us most



Life can be complicated and juggling work and life responsibilities can be stressful. We've got you! Your employer has partnered with Health Advocate to offer you personalized support to find balance and gain control during life's challenges, **all at no cost to you!**



Emotional Support

Your Employee Assistance Program (EAP) offers confidential counseling support from an EAP Professional to help you work through issues impacting your life and well-being.

Our Counselors can help address:

- Anxiety and depression
- Anger
- Grief and loss
- Job stress, burnout, and work conflicts
- Marital and family issues
- Substance abuse and addiction



Work and Life Balance

You can also access a team of Life & Work Specialists to help find resources to better balance work and life and feel more productive.

Our Life & Work Specialists can help with:

- Time management
- Locating childcare and eldercare resources, and addressing related concerns
- Personal/family/elder law, identity theft
- Financial resources for debt management, budgeting, credit issues
- Plus, we can connect you to financial and legal consultants

Simply call us. We offer compassionate support over the phone and can review other options for counseling. If needed, we'll help you connect with the appropriate professionals for long-term support.

Health Advocate is completely confidential and available to you, your spouse/partner, dependents, parents and parents-in-law at no cost to you. **In a crisis, help is available 24/7.**



877.240.6863

answers@HealthAdvocate.com

HealthAdvocate.com/ucf

Registration code: BLMXAEJ

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We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2025 Health Advocate HA-M-2401066-1.1FLY



Our specialists can help you find balance and feel more in control so you can focus on what matters most.

Balancing the needs of family, personal and work responsibilities isn't always easy. Your Health Advocate Employee Assistance Program (EAP) offers the right support at the right time. **Here are some frequently asked questions about our program.**

What is EAP: Life & Work?

This unique program is designed to help you lead a happier more productive life at home and at work by connecting you with a qualified Counselor and Work/Life Specialist who are experts at helping people cope and feel more in control. Additionally, we offer many self-serve resources online and through our mobile app.

How does it work?

Call to connect with an intake Counselor who will help:

1. Define the problem clearly
2. Assess the type of help needed
3. Either provide the necessary help or connect you to the appropriate specialist

Who can use the EAP?

The program is available to you, your spouse/partner, dependents, parents and parents-in-law.

What services are available online?

As a complement to the personalized support offered by our Counselors and Life & Work Specialists, you can access a variety of self-serve resources through our website and mobile app. Here are some of the resources available to you:

- **Explore webinars**, online courses, and articles on a variety of well-being topics
- **Complete checklists** and take self-assessments to learn more about issues that impact you
- **Visit the Personalized Legal Center** and Financial Fitness Center

Is my privacy protected?

Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.



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