



Bringing more  
**BALANCE**  
to everyday life

[www.unumprovident.com](http://www.unumprovident.com)

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*Work-life balance employee assistance program*

**Toll-free, 24-hour access**

- > 1-800-854-1446: English
- > 1-877-858-2147: Spanish
- > 1-800-999-3004: TTY/TDD



**Online access**

[www.lifebalance.net](http://www.lifebalance.net); user ID and password: lifebalance

Your work-life balance employee assistance program — provided at no additional charge through your company's insurance benefit plan — can help you find solutions for the everyday challenges of work and home as well as for more serious issues involving emotional and physical well-being.

- Custom consumer research
- Childcare and/or eldercare referrals
- Personal relationship information and counseling
- Health management support and referrals
- Legal consultations with licensed attorneys
- Financial planning assistance
- Stress management
- Career development
- And more...

### Help is easy to access

- **Telephone consultations:** Speak confidentially with a master's level consultant to clarify your need, evaluate options and create an action plan.
- **Face-to-face consultations:** Consult with a local counselor up to three times per issue for short-term problem resolution.
- **Educational materials:** Receive information on a variety of issues through our library of Tips on Tape™, CDs and booklets.
- **Online resources:** Access interactive tools, articles and free materials on the Internet.

**Learn more at [www.unumprovident.com/worklifebalance](http://www.unumprovident.com/worklifebalance).**

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***This is not a medical insurance card.***

Keep this card with you at all times. It gives you immediate access to a full range of confidential work-life balance services for you and your family. If you need additional cards, contact your workplace plan administrator.

**Learn more about this valuable benefit at [www.unumprovident.com/worklifebalance](http://www.unumprovident.com/worklifebalance)**