Dealing with health issues can be stressful
Unum offers professional help

Help in a heartbeat
In today’s complex medical world, employees may need assistance navigating through the healthcare system. Our work-life balance employee assistance program (EAP), provided through Ceridian, includes a team of nurses and master’s level consultants with the experience to help your employees deal with everyday health issues. From choosing the right doctor to preparing for surgery, employees can get help 24 hours a day, 365 days a year, online or over the phone. They also have access to helpful articles on topics such as:
- Preparing for surgery
- Requesting copies of medical records
- Understanding and managing medical bills
- Choosing a primary care provider
- Choosing and using an HMO

Employees can also access these rich resources which are available on the Ceridian website:
- Medical news feeds and dictionary
- Natural & alternative treatment information
- Therapeutic and wellness guides

Care coaches provide assistance
When your employees are on disability claim, they get additional help from our On Claim Support. Each employee is assigned a care coach who is trained to deal with issues unique to their claim.

Care coaches can help your employees:
- Arrange doctor visits
- Understand medical payment plans
- Connect with financial advisors and lawyers
- Find care options for children or aging relatives
- Schedule up to three face-to-face visits with a local behavioral health expert

Prevention: Still the best medicine
Our work-life balance resources also include plenty of information to help your employees lead healthier lives and deal with everyday stress. This can help create a healthier workforce — a great prescription for increasing company productivity. Unum’s work-life balance EAP is available with select product offerings and offered at no additional charge with long term disability and term life.

To learn more about these services, please contact your Unum representative.