

COMPANY BENEFITS*

Employee Assistance Program

Life doesn't always go as planned. And while you can't always avoid the twists and turns, you can get help to keep moving forward.

We can help you and your family, those living at home, get professional support and guidance to make life a little easier. Our Employee Assistance Program (EAP) is available to you in addition to the benefits provided with your MetLife insurance coverage.

Expert advice for work, life, and your well-being

The program's experienced counselors provided through TELUS Health – one of the nation's premier providers of Employee Assistance Program services – can talk to you about anything going on in your life, including:

- **Family:** Going through a divorce, caring for an elderly family member, returning to work after having a baby
- **Work:** Job relocation, building relationships with co-workers and managers, navigating through reorganization
- **Money:** Budgeting, financial guidance, retirement planning, buying or selling a home, tax issues
- **Health:** Coping with anxiety or depression, getting the proper amount of sleep, how to kick a bad habit like smoking
- **Everyday Life:** Moving and adjusting to a new community, grieving over the loss of a loved one, military family matters, training a new pet

How to Find Free Support Services

- Phone: 1-888-319-7819
 - Available 24/7
- Online: one.telushealth.com/access
 - user name: metlifeap
 - password: eap



**Company benefits are available to ALL employees, regardless of participation in the medical benefits.*