

# HumanaCare Employee Assistance Program



**Personal challenges, life issues, and stress** all strike close to home and close to the office. The result: Increased absence, less productivity and reduced quality of life. Rarely does a personal or work-related problem stop at the door when a person finishes their work day. And issues at home easily carry over to the workplace – at a genuine cost to employers. HumanaCare EAP is designed to help address and avoid this negative impact. It focuses on providing confidential assistance directly to the business’ biggest asset – its people.

HumanaCare has evolved the service model of EAP to deliver better outcomes to employees, their families and their organizations.

## What you can Expect

HumanaCare offers simplicity, value, accessibility and support, plus high-touch service for you and your clients.

HumanaCare is an integrated mental and physical wellness service provider, because our experience shows that a compassionate, holistic, employee family centric care model is the prerequisite to a more improved, long lasting outcome. We enable efficacy by pairing each employee (or family member) in need with a Registered Nurse who handles the intake, case management, follow-up and all healthcare system navigation during and after the consultation. These best-in-class services are available through a host of mediums to meet the demands of busy lives, **including face-to-face counselling, e-counselling and telephone counselling.**

## Accessibility and support

- Detailed brochures for managers and employees outlining the features and benefits are available. You'll find them clearly written and helpful in discussions with your clients.
- HumanaCare provides access to clinically appropriate counselling to provide solutions to a short-term situation, this often means 4-8 counselling sessions but may require more or less. HumanaCare will ensure the individual is supported appropriately.
- Whenever you have questions or need assistance assessing a client's needs, a dedicated Account Manager is available to help you.
- Extra support for your client is available several times a year through educational webinars and newsletters
- HumanaCare guarantees fit. Callers are offered a change in counsellors if ever not satisfied.



## Services offered

### Counselling Services

- Stress and anxiety
- Substance abuse and addictions
- Depression
- Marital and relationship
- Self-esteem
- Bereavement and grief
- Anger management

### Lifestyle and Wellness Support Services

- Legal support
- Financial counselling
- Nutritional health and wellness counselling
- Child/eldercare support
- Healthcare system and service navigation

### Human Resources and Management Support

- Employee program orientation
- Management consultations and advice
- Seminars, workshops and monthly webinars
- Manager program orientation
- Promotional strategy and development
- Program implementation support

### Fee Based Services

- Critical incident support services
- Targeted health programs
- Chronic disease management programs
- Mediation services

Contact us, we are here to help:  
**1-800-661-8193** [humanacare.com](http://humanacare.com)

