

# WE'RE HERE TO HELP

Your EAP can help with the following issues and concerns:

## Emotional & Mental Health

- Stress, Anxiety and Depression
- Anger Management
- Grief and Loss
- Life Transitions
- Illness and Disability

## Family

- Parent-Child Conflicts
- Coping with Serious Illnesses
- Elder Care Issues
- Single Parenting
- Child Care Issues

## Relationships and Marriage

- Separation and Divorce
- Communication Problems
- Conflict Resolution
- Domestic Violence

## Workplace

- Reorganizations
- Workplace Conflicts
- Harassment
- Team Building

## Substance Abuse/Addictions

- Alcohol and Drug Problems
- Prescription Drug Misuse

## Financial

- Problem Gambling
- Household Budgeting
- Credit Counseling
- Retirement Planning

## Legal

- Civil and Consumer Issues
- Criminal Legal Issues

# CALL 1-800-767-5320

For confidential assistance, please call our toll-free number at any time.

We're here for you  
24 hours a day, 7 days a week.

TTY/TDD hearing impaired services are available.  
Interpreter services are available in over 140 languages.



## ABOUT HEALTH MANAGEMENT SYSTEMS OF AMERICA (HMSA)

Health Management Systems of America is a nationally recognized leader in behavioral healthcare services. Established in 1980, HMSA provides Employee Assistance Program (EAP) and Work-Life services to thousands of corporate clients. With a credentialed network of more than 13,000 behavioral health professionals in 3,000+ cities across the country, HMSA provides unparalleled counseling and support services.

**HMSA** HEALTH MANAGEMENT SYSTEMS OF AMERICA

Employee assistance services are provided by Health Management Systems of America (HMSA) under the terms and conditions of a service agreement with Reliance Standard. HMSA is not affiliated with Reliance Standard.

Reliance Standard is not responsible for the content of the HMSA employee assistance services and is not responsible for, and cannot be held liable for, any services provided or not provided by HMSA.

Reliance Standard Life Insurance Company is licensed in all states (except New York), the District of Columbia, Puerto Rico, Guam and the U.S. Virgin Islands. In New York State, benefits are underwritten by First Reliance Standard Life Insurance Company, Home Office: New York, NY.

HEALTH MANAGEMENT SYSTEMS OF AMERICA **HMSA**

Welcome to Your

**EAP**

**EMPLOYEE ASSISTANCE PROGRAM**

■ Short-term Counseling

■ Referral Services

■ Work/Life Resources

■ Legal/Financial Resources



**RELIANCE STANDARD**

# What is an EAP?

Life can be challenging. We're constantly trying to balance our careers, families, leisure activities, health and wellness. It's not easy...and every now and then we all can use a little help.

The Employee Assistance Program (EAP) is a professional counseling and referral service designed to help you with your personal, family and job issues. It's free, voluntary and **strictly confidential**. So...why not take advantage of it?



## COUNSELORS AVAILABLE 24/7

Health Management Systems of America (HMSA) counselors are available to assist you with any issue or problem...24 hours a day, 7 days a week.

To speak with an EAP counselor, call  
**1-800-767-5320**



## WHAT TO EXPECT WHEN YOU CALL

An EAP counselor will:

- Help you assess the problem
- Provide short-term counseling, when appropriate
- Assist you in selecting a local resource, when necessary
- Provide supportive follow up

## WHAT WILL USING THE EAP COST?

EAP services are provided at no cost to you as an employee benefit. If a referral is needed to a provider outside of the EAP, your EAP counselor will coordinate with your healthcare insurance or offer an affordable community resource.

## WHO CAN USE THE EAP?

Employees and immediate family members are eligible to use the EAP services. Domestic Partners and Life Partners residing with the employee are also eligible.

## CONFIDENTIAL

All contact with your EAP is private and confidential. No information about you will be provided to anyone without your written consent.

## ONLINE RESOURCES

Valuable work/life resources are available online at [www.my-life-resource.com](http://www.my-life-resource.com).

Username: hmsa  
Password: myresource

Login today for:

- Legal and financial resources
- Wellness information
- Elder Care providers
- Child Care providers
- Informational resource articles