

Introducing UNUM'S Work-Life Balance

East Side Union High School District's Employee Assistance Program



East Side Union High School District is pleased to announce effective immediately the Employee Assistance Program will be offered through a partnership between UNUM and Ceridian. This comprehensive EAP offers you everything you had in previous years - plus MUCH more!

Need Help Balancing Your Life? All You Have To Do Is Ask

Between the demands of personal and professional life, the daily grind and the occasional crisis, sometimes life can be overwhelming and the questions can seem endless. Fortunately, UNUM's work-life balance employee assistance program has answers. With a comprehensive website and direct toll-free access to master's-level professionals, confidential support is available around the clock.

Telephonic Consultations: Work-Life Balance consultants are available anytime 24/7 for assistance. Service is completely confidential. Consultants are able to provide support and resources on:

- ❖ Parenting
- ❖ Midlife and retirement
- ❖ Older Adults
- ❖ Disability
- ❖ Financial
- ❖ Legal
- ❖ Work
- ❖ Managing People
- ❖ Health
- ❖ Emotional Well-being
- ❖ Addiction and Recovery
- ❖ International Issues

Face-to-Face EAP Counseling: Counseling is available for marital and family problems, alcohol dependency, relationships, emotional programs, stress, and other issues. You and all eligible dependents are able to receive up to 3 sessions within a six-month period - at **NO COST!**

Additional Sessions: Up to 4 additional sessions are available. Please call ESUHSD's Benefits Coordinator, Marissa Juarez, at **408-347-5141** and your request will be submitted for additional sessions.

Online Resources: Employees and their dependents can visit UNUM's Work-Life Balance site at www.lifebalance.net to watch short educational videos, read and/or download articles, take interactive self-assessments, e-mail consultants, find other online resources.

Other Assistance Available: All of the ESUHSD's medical plans offer benefits in compliance with Mental Health Parity and Addiction Equity Act. Learn more about the benefits offered by reviewing the materials provided by the different benefit carriers.

**Work-life Balance Online: www.lifebalance.net (User ID: lifebalance
Password: lifebalance) Or call anytime: 800-854-1446 - En Espanol,
Uame al 877-858-2147 TTY/TDD access is available through
800-999-3004**