

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

The Standard is pleased to offer an Employee Assistance Program (EAP) through an arrangement with Health Advocate. EAP services offer an array of confidential services to help you and your immediate family members meet the challenges that life, work, and relationships can bring.

## Access Your EAP Online!

Log in to [www.healthadvocate.com/standard3](http://www.healthadvocate.com/standard3) today to access these and many other great features.

## Services

- Face-to-face sessions<sup>1,2</sup>
- Unlimited phone access to legal, financial, and work-life services
- Marital and family concerns, stress/anxiety management, depression, alcohol/drug abuse, grief and loss
- Online resources where you'll find articles, streaming videos, and interactive tools
- EmployeeConnect portal

## Financial

- Financial counselors can address financial concerns
- Assistance with financial planning, credit and debt management, real estate/mortgage information

## Legal

- In-person consultations with network lawyers, including one free 30-minute in-person or telephone consultation
- Assists with document preparation, divorce and separation, real estate and civil matters

## Family

- Work-life specialists assist with providing information, resources, and referrals on family matters, such as child and elder care; kennels and pet care; event and vacation planning; moving and relocation; car buying; college planning; and more

<sup>1</sup> Covered individuals are eligible for a combined total of three (3) face-to-face sessions with Health Advocate clinicians. Individual face-to-face sessions are available for covered individuals 16 years and older. Family/group face-to-face sessions are available for covered individuals 12 years and older, and their parents. Face-to-face sessions are not available to children under the age of 12.

<sup>2</sup> Covered individuals with complex and/or longer-term problems will be referred by your Health Advocate clinician to another professionally trained clinician. This referral will be billed to your health insurance plan or a community provider and does not count toward your six (6) grief and/or legal sessions.



## Web Services

The work health life website is user-friendly and offers practical EAP-related information that addresses emotional well-being, health and wellness, and daily living concerns. Resources include interactive self-assessments, a comprehensive library of articles and guides, and financial calculators. The website provides employees and their immediate family members with the information they need.

## Health and Well-Being

Utilize tools, assessments, and information on emotional resilience, self-esteem, grief and bereavement. You can also find help for conditions such as anxiety, depression, and addiction.

## Career and Workplace

Access tools to help you manage your career, better handle workplace relationships, and find work-life balance. Resources include employee and supervisor work performance toolboxes with articles, and information to help develop workplace and leadership skills. Information on managing work-related issues such as conflict and communication is also available.

## Financial Security

Achieve financial well-being with a better understanding of financial matters. Read articles to help address financial and legal questions, such as debt, investments, retirement, taxes, bankruptcy, wills and estate planning, and identity theft.

## Life Events

Find useful information to better inform and support you during life events and times of change. Resources are available to help address issues concerning the family, such as pregnancy, child care, parenting, child and adolescent development, and elder care. This site also includes a locator that allows users to search for child and elder care options.

## Access Work Health Life EAP

Online: [www.healthadvocate.com/standard3](http://www.healthadvocate.com/standard3)

Telephone: 888.293.6948

# A helping hand when you need it.

Rely on the support, guidance and resources of your Employee Assistance Program.



There are times in life when you might need a little help coping or figuring out what to do. Take advantage of the Employee Assistance Program,<sup>1</sup> which includes WorkLife Services and is available to you and your family in connection with your group insurance from Standard Insurance Company (The Standard). It's confidential — information will be released only with your permission or as required by law.

## Connection to Resources, Support and Guidance

You, your dependents (including children to age 26)<sup>2</sup> and all household members can contact the program's master's-level counselors 24/7. Reach out through the mobile EAP app or by phone, online, live chat, and email. You can get referrals to support groups, a network counselor, community resources or your health plan. If necessary, you'll be connected to emergency services.

Your program includes up to three counseling sessions per issue. Sessions can be done in person, on the phone, by video or text.

EAP services can help with:



Depression, grief, loss and emotional well-being



Family, marital and other relationship issues



Life improvement and goal-setting



Addictions such as alcohol and drug abuse



Stress or anxiety with work or family



Financial and legal concerns



Identity theft and fraud resolution



Online will preparation and other legal documents



## Contact EAP

888.293.6948  
(TTY Services: 711)  
24 hours a day,  
seven days a week

[healthadvocate.com/standard3](http://healthadvocate.com/standard3)

NOTE: It's a violation of your company's contract to share this information with individuals who are not eligible for this service.

With EAP, personal assistance is immediate, confidential and available when you need it.

## WorkLife Services

WorkLife Services are included with the Employee Assistance Program. Get help with referrals for important needs like education, adoption, daily living and care for your pet, child or elderly loved one.

## Online Resources

Visit [healthadvocate.com/standard3](http://healthadvocate.com/standard3) to explore a wealth of information online, including videos, guides, articles, webinars, resources, self-assessments and calculators.

<sup>1</sup> The EAP service is provided through an arrangement with Health Advocate<sup>SM</sup>, which is not affiliated with The Standard. Health Advocate<sup>SM</sup> is solely responsible for providing and administering the included service. EAP is not an insurance product and is provided to groups of 10–2,499 lives. This service is only available while insured under The Standard's group policy.

<sup>2</sup> Individual EAP counseling sessions are available to eligible participants 16 years and older; family sessions are available for eligible members 12 years and older, and their parent or guardian. Children under the age of 12 will not receive individual counseling sessions.

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