

# Find balance with everyday support



“What would you do in this situation? Your parents are needing more help. You’re worried about their health and living alone, but you can’t be with them. I’ve got an answer: start with your EAP.”

SARA, HEALTH COACH

## Your Employee Assistance Program has your back

No matter your situation, your Employee Assistance Program (EAP) can support you on a variety of everyday issues. Maybe a parent is sick, you don’t know how to handle a negative coworker or you’re looking to adopt. Your EAP can help with almost anything you can think of. The best part? It’s free and completely confidential.

### Get 24/7 help

Here are just a few things your EAP can help with:

- Adopting a child
- Finding child care
- Grieving
- Knowing what your legal options are
- Making a budget
- Managing stress on the job
- Parenting tips and resources
- And more!

### Connect how it’s best for you

No setup needed. Start using your EAP as soon as you’re ready:

- Call **866-326-7194**
- Text **919-324-5523**
- Log on to **hpeap.com** using the password **hpeap** and chat through instant message
- Download the iConnectYou mobile app and use passcode **111032**

The last thing you need when you’re stressed is more stress. Remember, your Employee Assistance Program is here to help.



Find articles, tips and free online seminars at **hpeap.com**. There are new topics every month. Use the password **hpeap** to log on.

HealthPartners Employee Assistance Program (EAP) is confidential. EAP services are provided by Workplace Options.