



WELL@UHA
powered by you.

GET TO KNOW YOUR “EAP”

You have free access to UHA’s Employee Assistance Program (EAP) which provides a wide variety of services that allow you to simply and confidentially get the help you need.

Services include:

- Emotional health support (relationship issues, parenting, grief/loss, stress and anxiety)
- Work/life assistance: childcare placement consultant, eldercare planning and placement consulting
- Financial services: credit counseling, retirement planning, college savings planning, debt counseling
- Legal consultation: free consultation with an attorney
- Identity theft recovery
- Smoking cessation counseling
- Personal wellness coaching
- Task management: help with anything from finding pet care, auto repair, tickets to a special event, and more – call your EAP and delegate your to-do list items to a consultant who will compile a list of a recommendations for you!

Our EAP can help you manage work/life stressors and access confidential help. There are no copays, no deductibles – it’s free to UHA employees.

Call 24/7: 800-227-1060

Visit members.mhn.com, company code: UHA to explore their website and free educational resources.