Lucet™ | Employee Assistance Program

Personalized care and resources, *when you need them.*

Whether it's planning for your financial future or beginning to seek mental health resources, your Employee Assistance Program (EAP) is here to help. Available to you and your household members, Lucet's EAP is your first step to resources, counseling and so much more to support your wellbeing.

Real support for real life.

A no-cost-to-you benefit from your workplace, your EAP can help you or anyone in your household:

- Receive support when you don't feel like yourself
- Get help with responsibilities that are distracting or stressful
- Improve personal relationships
- Receive care after a traumatic event or diagnosis
- Make healthy lifestyle choices
- Improve and inspire daily life
- Be more present and productive at work
- Grow personal and career skills
- With legal advice or questions
- Assistance with budget or financial concerns

We're always here for you.

Life happens regardless of day or time. We are available 24 hours a day, 365 days a year. Whenever you need to reach out, we are here for you.



Your EAP can help you:

Reduce stress | Cope after crisis | Focus at work | Lead others | Navigate the legal system

Reduce debt | Live a healthier life | Support and improve relationships | Be resilient

Whatever life throws your way, *we're here to help.*

Stress, relationships, work and money. These are the most common reasons people reach out to EAP every year. No matter what issues you're facing, the resources you access are confidential so feel safe knowing you can begin addressing any of your personal challenges today.

Counseling

We offer several different ways for you to get what you need. **Counseling is available in a variety of ways at no cost:**

Face-to-Face | Online | Telephonic

Life Coaching

Life coaching services promote self awareness and help you clarify your visions, values, intentions, and goals. This service builds on strengths that you already have to help you set and achieve your goals. **With coaching you can:**

- Schedule telephonic sessions with a qualified coach
- Work with your coach to establish and meet goals
- Identify resources to keep you on track

Coaching topics may include managing stress, work/life balance, time management, personal challenges and more.

Legal and Financial Resources

Navigating finances and/or the legal system can be overwhelming and confusing. **Luckily, your EAP can help with services like:**

- A no-cost-to-you, 30-minute consultation with a certified financial expert or attorney
- Online tools including budget templates, financial calculators, tax preparation documents, will builder, business agreements and other legal documents
- Resources and tip sheets

Work/Life

Work/Life services can help you tackle your to-do list with specialists who can locate providers, get referrals and find resources for you and your household needs.

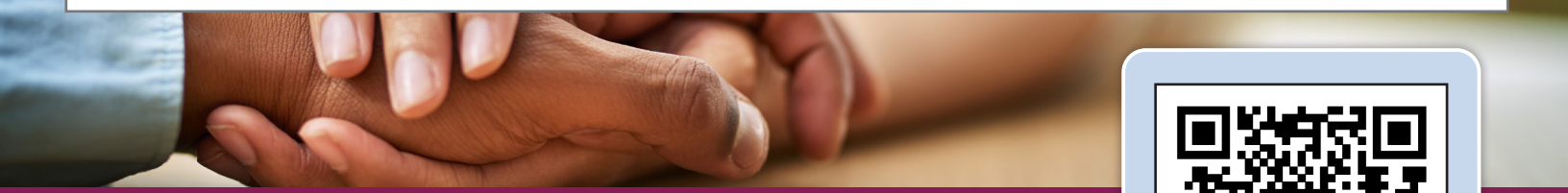
- Personalized consultation with a highly-trained specialist over the phone or through online chat
- Referrals to local providers and resources
- Tip sheets, checklists and other helpful tools

Work/Life topics include family & caregiving, education, legal & financial, career & work, and health & wellness.

Online Services

Our comprehensive website makes it easy to access information regarding EAP benefits and requesting services. **The website and app offer:**

- Referrals via online intake
- Mental health toolkits
- Substance use resources
- Monthly live webinars
- Training resources
- Comprehensive Resource Library



Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit eap.lucethealth.com

Your company code: **HMMA**

5 counseling/coaching sessions, per topic, per year.

Scan to learn more at **eap.lucethealth.com**

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