

Employee Assistance Program and Work/Life Balance

Access Online Resources

Log On and Learn! Check out our online offerings such as trainings, articles, webinars, courses and more to help make your job and life easier and less stressful.

Log onto your member website at www.unum.com/lifebalance and click on “Access Your EAP Benefits” to access these EAP+Work/Life resources

1

Access to locators for Childcare, Eldercare, Pets, Adoption, Education and Volunteer Services in your area.

2

Webinars from leading experts on Work/Life topics.

3

80+ soft skill courses in the areas of Communication, Personal and Professional Development, Leadership, Interpersonal Skills and more

4

Information and resources on Budgeting, Debt, Bankruptcy, Estate & Retirement, Investing, Taxes, and more. Interactive calculators available.

5

Topics covering Contracts, Bankruptcy, Divorce, Custody, Real Estate, Wills & Estates, and more. Access to the most commonly used forms.

