

## Life Advisor Employee Assistance Program

Ulliance Life Advisor Consultants are available 24 / 7



### Your Life Advisor Consultant can:

- Explore your unique work-life balance needs and identify the right Life Advisor services to support you and your family
- Schedule an appointment for you to see a local Ulliance EAP Counselor – Close to where you live or work at no charge to you or your covered dependents
- Provide you with immediate telephonic support for pressing issues
- Assist you by researching information you need for Work-Life balance

### Life Advisor EAP Counseling Services

- Confidential, face-to-face or phone sessions with a licensed counselor close to work or home, at no cost to you
- Short term, solution-focused support for work-life issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions

### Life Advisor Coaching Services

- Telephonic sessions with a counselor
- Support and motivation to achieve a work-life goal such as education, career advancement, financial or savings goals, or self-improvement goals

Employee Webinars – Live / On-Demand (on the Portal)

### The Life Advisor Monthly Newsletter

- An electronic monthly publication with information and resources on a variety of work-life concerns, such as relationships, substance abuse and goal setting

### Work-Life Materials

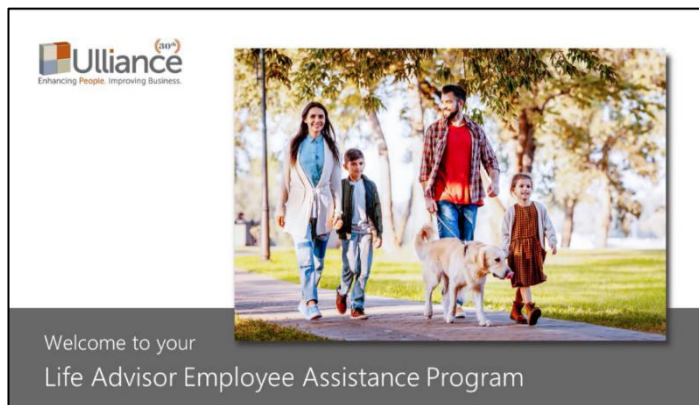
- Books and other helpful materials on a wide variety of work-life topics mailed directly to your home at no cost to you

### Life Advisor Well-Being Portal

- Anytime access to articles, resources, healthy-living tips, as well as our orientation videos
- Log-in at: [www.LifeAdvisorEAP.com](http://www.LifeAdvisorEAP.com)

Name of Co.: \_\_\_\_\_ - City of Employment: \_\_\_\_\_

Click for 7 min. orientation



Click for 2 min. explainer video



Working Advantage Subscription Discount Program: [www.WorkingAdvantage.com/Ulliance](http://www.WorkingAdvantage.com/Ulliance)



**Ulliance provides no cost, confidential, short term counseling  
for you & your family.**

Contact us at **800.448.8326**