

HumanaCare Employee Assistance Program



Personal challenges, life issues, and stress all strike close to home and close to the office. The result: Increased absence, less productivity and reduced quality of life. Rarely does a personal or work-related problem stop at the door when a person finishes their work day. And issues at home easily carry over to the workplace – at a genuine cost to employers. HumanaCare EAP is designed to help address and avoid this negative impact. It focuses on providing confidential assistance directly to the business’ biggest asset – its people.

HumanaCare has evolved the service model of EAP to deliver better outcomes to employees, their families and their organizations.

What you can Expect

HumanaCare offers simplicity, value, accessibility and support, plus high-touch service for you and your clients.

HumanaCare is an integrated mental and physical wellness service provider, because our experience shows that a compassionate, holistic, employee family centric care model is the prerequisite to a more improved, long lasting outcome. We enable efficacy by pairing each employee (or family member) in need with a Registered Nurse who handles the intake, case management, follow-up and all healthcare system navigation during and after the consultation. These best-in-class services are available through a host of mediums to meet the demands of busy lives, **including face-to-face counselling, e-counselling and telephone counselling.**

Accessibility and support

- Detailed brochures for managers and employees outlining the features and benefits are available. You'll find them clearly written and helpful in discussions with your clients.
- HumanaCare provides access to clinically appropriate counselling to provide solutions to a short-term situation, this often means 4-8 counselling sessions but may require more or less. HumanaCare will ensure the individual is supported appropriately.
- Whenever you have questions or need assistance assessing a client's needs, a dedicated Account Manager is available to help you.
- Extra support for your client is available several times a year through educational webinars and newsletters
- HumanaCare guarantees fit. Callers are offered a change in counsellors if ever not satisfied.



Services offered

Counselling Services

- Stress and anxiety
- Substance abuse and addictions
- Depression
- Marital and relationship
- Self-esteem
- Bereavement and grief
- Anger management

Lifestyle and Wellness Support Services

- Legal support
- Financial counselling
- Nutritional health and wellness counselling
- Child/eldercare support
- Healthcare system and service navigation

Human Resources and Management Support

- Employee program orientation
- Management consultations and advice
- Seminars, workshops and monthly webinars
- Manager program orientation
- Promotional strategy and development
- Program implementation support

Fee Based Services

- Critical incident support services
- Targeted health programs
- Chronic disease management programs
- Mediation services

Contact us, we are here to help:
1-800-661-8193 [humanacare.com](https://www.humanacare.com)

