



EAP and Work-Life Services

Online services

We understand that life exists outside regular business hours, so we provide an interactive EAP and Work-Life website to help you address your concerns and challenges.

Our website includes information and resources about topics like dealing with challenging co-workers, managing personal relationships, dealing with daily stress, and health and wellness. It features:

- Thousands of articles, tip sheets, calculators, and checklists
- Links to helpful web resources
- Spanish-language section
- A “Life Events” section that offers information and assistance for issues with relationships, parenting, caregiving, financial concerns, and career, including:
 - Personal Action Plans
 - Tips about using the EAP and Work-Life and other benefits-related information
 - Links to articles, self-assessments, and expert online resources
- Resources to help you prepare for and deal with emergencies such as hurricanes, flooding, and pandemic flu

- Health and wellness information, in English and Spanish, including fact sheets on medical conditions, condition information centers, health and wellness centers, information on natural and alternative treatments, interactive tools and assessments, a medical dictionary, and more
- Quizzes and assessments to help you learn more about yourselves and the world
- CareSolutions, a tool to help you locate care for your family members
- Search tools to help you find local resources, such as the least expensive gas in your neighborhood
- A discount center with thousands of offers from national and local retailers

Life made easier.



For free and confidential assistance, call 1-866-440-6556 or visit us at [Humana.com/eap](https://www.humana.com/eap)

Username: muw

Password: muweap

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Personal information about you and your household members remains confidential according to all applicable state and federal laws. Services provided by Humana EAP and Work-Life Services

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