

Helping you with life's obstacles

EMPLOYEE ASSISTANCE PROGRAM



Find balance with everyday support

Life doesn't always go as planned. Imagine you just found out your mom has Alzheimer's. Or you're struggling to pay some credit card debt. Or you're having a hard time balancing your busy work life and your family.

No matter what your situation is, HealthPartners Employee Assistance Program (EAP) can help. Your EAP is available anytime for you and anyone in your household. Get help with almost anything you can think of, all at no extra cost.

24/7 help with:

- Making a budget
- Finding child care
- Managing stress on the job
- Parenting tips and resources
- Grieving
- Adopting a new baby
- Knowing what your legal options are
- And more!

Connect how it's best for you:

- Call **866-326-7194**
- Text **919-324-5523**
- Log on to **hpeap.com** using the password: **fridley**
- Download the iConnectYou mobile app and use passcode: **47848**

Your privacy is important. Everything you do with HealthPartners EAP is confidential. Nothing is shared with your employer or health plan. Information will only be released with your permission or when required by law.



HealthPartners Employee Assistance Program (EAP) services are provided by Workplace Options. The HealthPartners family of health plans is underwritten and/or administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.