Ulliance 30th
Enhancing People. Improving Business.

Improving the lives of the people we serve—everyday.

15 Reasons To Use the Life Advisor EAP

Anxiety, Stress, Sadness/Depression, Anger, Communication, Relationships, Substance Use/Addictions, Grief and Loss, Parenting/Family, Medical/Elder Care, Career/Performance Issues, Domestic Violence, Legal/Financial

The EAP is for concerns that impact your daily life, relationships, work-life balance, mental health, work and career, quality of life and overall wellness – right now. Call today and speak with a mental health professional *before* your concerns become a crisis.

1. When you've had an argument with your spouse/significant other and are struggling with communication
2. When you're worried about something your teenager said or did
3. When your good friend suddenly ghosts you and you have no idea why
4. When you're stressed because there's not enough money for the holiday season, summer vacation or bills
5. When you've got a legal question, but you'd rather not ask your family member
6. When you're feeling overwhelmed with Just. Too. Much. Stuff. To. Do.
7. You just got married and your kids and your new spouse's kids aren't getting along
8. When you feel down or anxious, don't know why, and aren't sure how to deal with it
9. When you're struggling at work making mistakes, calling in, or getting written up often
10. When your grown kids are asking too much of you
11. When your spouse has lost their job and you don't know where to turn
12. When you're feeling really isolated, lost or lonely
13. When you've decided to rein in your spending and create a family budget
14. If you've thought about hurting yourself
15. When you've had a death or loss in your family and would like to talk to someone

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

Contact us at **800.448.8326**

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Life Advisor DISCOUNT PROGRAM

SAVE MONEY ON:

Hotels

Theme Parks

Attractions

Shows & Events

Car Rentals

HOW TO SIGN UP

Head over to:
workingadvantage.com/ulliance

1. **Scroll down to the 'New users: sign up to become a member' form**
2. **Create an account and start saving!**

Once enrolled you will have access to discounts on hundreds of offers on theme parks, shows, hotels, attractions and more!

dining and travel

Some of our offers





Life Advisor

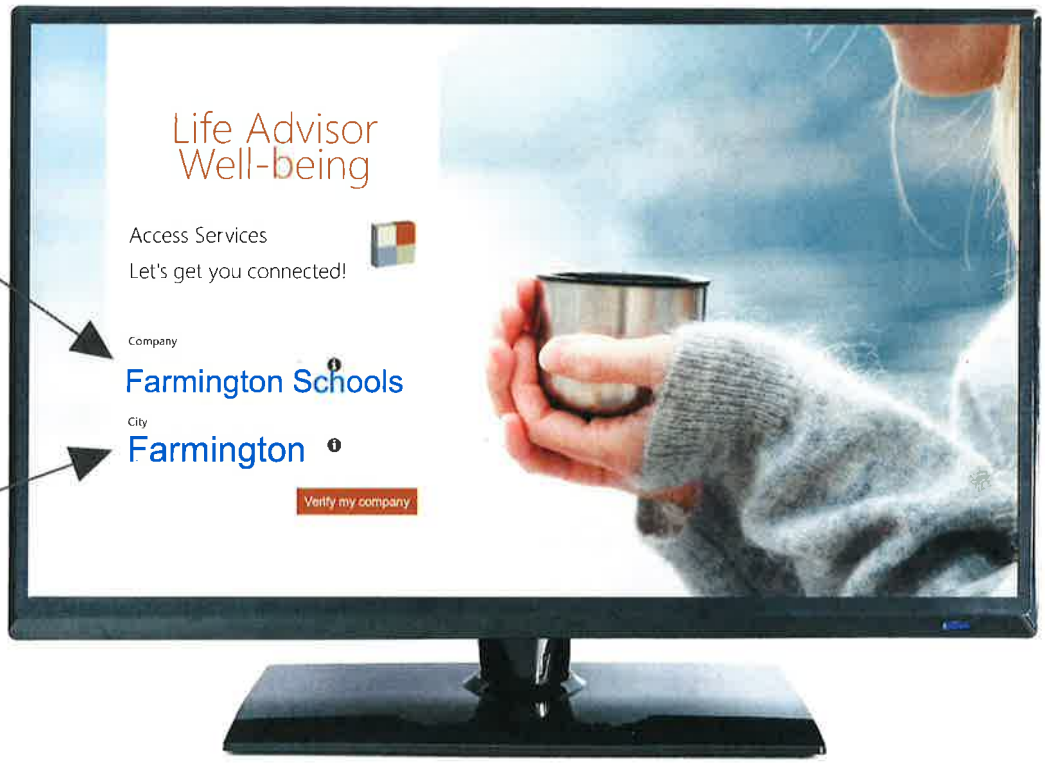
Employee Assistance Program

Visit LifeAdvisor.com

Easy Access, Always Available

Enter the name of your Company

Enter the City where your work site is located



Your Life Advisor Well-being Portal has the information you're looking for:

Stress • Grief and Loss • Financial Issues • Time Management • Relationships
Depression • Elder Care • Parenting • Legal Issues • Work / Life Balance

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LifeAdvisor.com



Ulliance

No cost and completely confidential

LifeAdvisor.com

Life Advisor EAP

The Ulliance Life Advisor EAP® is part of your benefits package and offers total well-being services to you, spouse/live-in partner and dependents under the age of 27. This is a free and totally confidential service. Call today!

Counseling

Counseling is available in-person, video, or telephonically with a counselor close to work, home or school. Individual, family and couples counseling are all included. Short-term, solution focused support for work-life issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions.

Coaching

Life Advisor Coaches offer telephonic or video support for individual life enhancement goals, such as education, career advancement, financial or self improvement goals.

Crisis Support

Mental health professionals are available by phone 24/7/365.

Work/Life Materials

Information on a wide range of work-life balance topics are easily accessed through the EAP portal in the form of webinars, videos and PDFs.

Well-being Portal

Anytime access to articles, resources, healthy-living tips, webinars as well as our orientation videos.

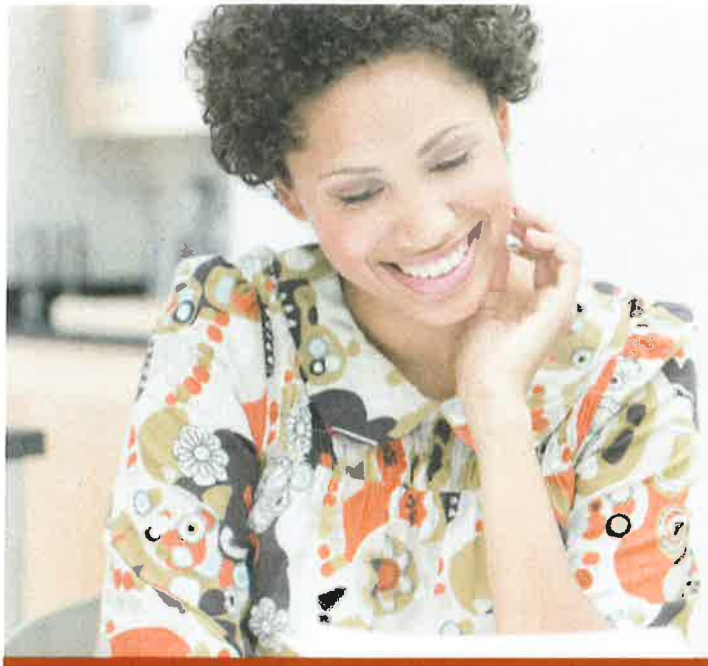
Referrals

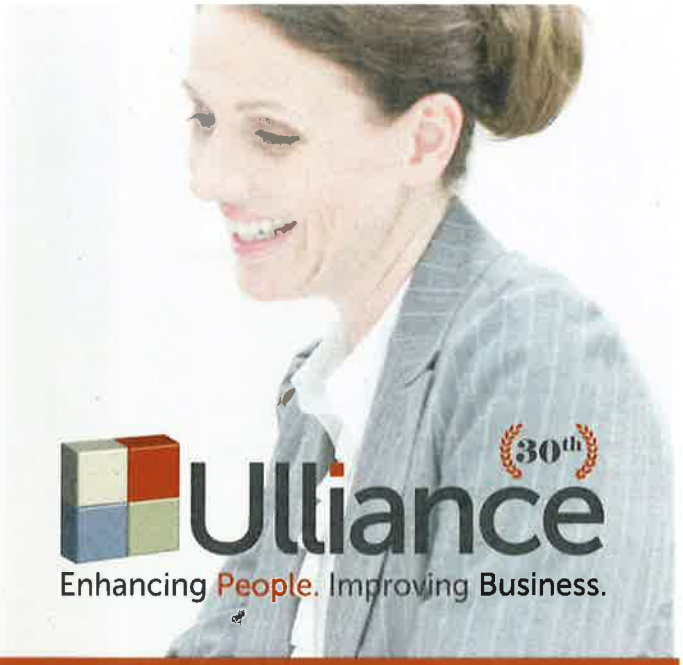
Consultants provide recommendations for resources within the community.

Legal & Financial Consultations

Ulliance professionals can connect employees with resources to assist individuals regarding legal and financial issues.

No Cost | Confidential | LifeAdvisor.com | 800.448.8326





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LEGAL & FINANCIAL ADVICE—YOU CAN TRUST !

CONSULTATION
Up to 30 minutes per topic with a local plan attorney. 25% discount on plan attorney rates for services beyond consultation

DOCUMENT REVIEW
Review of legal document (6 pages or less), 25% discount on plan attorney hourly rates for documents over six pages

DISPUTE RESOLUTION
A letter/phone call from the plan attorney to the opposing party at no charge for simple disputes (when deemed applicable)

WILLS
Preparation of a simple will for member and spouse at no charge

CREDIT COUNSELING
Telephonic financial consultation up to 30 minutes. Credit repair. Find possible causes and solutions to your credit issues

DEBT MANAGEMENT
Telephonic financial consultation up to 30 minutes. Explore options for consolidating and paying off debt

FINANCIAL EDUCATION
Thirty minutes with a Financial Planner for initial consultation, in-office or telephonic. 15% off fees beyond initial consult.

BUDGETING
Get on track with a 30-minute telephonic consultation. Develop a plan for your personal or family budget

ONLINE LAW AND LEGAL DOCUMENTS

A comprehensive library of online resources including elaw, legal documents, samples, resources and more.

Call your Life Advisor EAP
for more information: **800.448.8326**