

UNITEDHEALTHCARE EMPLOYEE ASSISTANCE PROGRAM



For Insureds on UnitedHealthcare Medical Plans

Emotional Support

Highly-trained clinicians will help you or your family members covered on insurance with issues, including:

- Anxiety, depression, stress
- Grief, loss, and life adjustments
- Relationship/marital conflicts

Legal and Financial Concerns

Talk to an attorney or a financial professional for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, and trusts
- Budgeting, debt, bankruptcy and more

Additional Resources

Creating value for you by providing:

- Guidance to relevant community and social resources
- Access to a network of 180,000 clinicians nationwide

About EAP

From time to time, we all face personal hardships.

Whether it's a concern over family issues, professional matters, or legal or financial issues, the EAP program provides all employees and their dependents covered on insurance someone to talk to, and resources to consult whenever and wherever you need them.

**One call could change your life
for the better.**

FAQs



EAP is a free benefit provided to employees and dependents covered on a UnitedHealthcare medical plan.



You can be referred to a UHC counselor and see them for three visits at no cost. All sessions are confidential.



To seek help – call the phone number on your health ID card and ask to speak to an EAP consultant. Or contact EAP directly 24/7 at 1-888-887-4114.