



Personalized care and resources, *when you need them.*

Whether it's planning for your financial future or beginning to seek mental health resources, your Employee Assistance Program (EAP) is here to help. Available to you and your household members, Lucet's EAP is your first step to resources, counseling and so much more to support your wellbeing.

We're here to help

Stress, relationships, work and money. These are the most common reasons people reach out to EAP every year. No matter what issues you're facing, the resources you access are confidential so feel safe knowing you can begin addressing any of your personal challenges today.

EAP Services & Resources

Help for every day life



Counseling

Call us or go online to access no-cost sessions with a provider.



Legal & Financial

Navigating finances and the legal system with a no-cost 30-minute telephonic consultation per issue.



Work/Life

Referrals and resources for family, career, caregiving, health and wellness needs.



Coaching

Sessions with a life coach designed to promote self-awareness and clarify goals.



Scan to learn more at
eap.lucethealth.com

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit eap.lucethealth.com

Your company code:

counseling/coaching sessions, per topic, per year.



Overwhelmed by life's endless to-do lists? We can help *you manage*.

Lucet Work/Life services are available to help you address daily living concerns so you can focus at work and be more present at home. Our specialists are highly-qualified to assist you with locating providers, resources and referrals for a range of life issues and needs.

Family & Caregiving

- Child and adult day care
- After-school programs
- Special needs care
- Education and tutors
- In-home care
- Senior housing
- Adoption services

Education

- Tutors and test-prep
- Public, private, and specialty schools
- Continuing education
- Financial aid and scholarships
- College consultation

Daily Living

- Household maintenance
- Pet insurance or trainers
- Moving and relocation
- Transportation
- Meals and groceries

Concierge

- Travel Planning
- Car rental
- Dining and entertainment
- Budgeting resources
- Community legal

Career & Work

- Resume writing and editing services
- Job placement resources
- Career counseling
- Community resources
- Interview tips

Health & Wellness

- Health care providers
- Specialty care
- Gyms and fitness centers
- Nutritionists
- Health coaches
- Alternative medical providers

Try Work/Life Chat

Answered by a Work/Life specialist 24/7 on eap.lucethealth.com



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Your company code: **Assurant**

6 counseling/coaching sessions, per topic, per year.