

# EAP+Work/Life™

## Q&A

### Q What is the EAP+Work/Life Program?

Your EAP+Work/Life Program is a confidential resource that can help you address personal and work-related problems and other issues that are concerning you.

### Q What does it do?

With the EAP, you and your family have access to Licensed Professional Counselors, who can provide short-term assistance for a wide variety of personal issues. If needed, your counselor can refer you for more in-depth support.

You also have access to Work/Life Specialists, who can refer you to services in your area for help balancing your work and life responsibilities. Or, visit the EAP+Work/Life website to access a host of online resources.

### Q How much does it cost?

Absolutely nothing...your only investment is your time. This is a benefit provided to you by the State of Delaware.

### Q Who can use it? How does it work?

The program is available to benefit eligible employees and non-Medicare pensioners and their dependents who are currently enrolled in a State of Delaware Group Health Plan. Simply pick up the phone to get started.

### Q When is the EAP+Work/Life Program available?

We are available 24/7 to assist you.

### Q What online resources are available to me?

You have unlimited access to your EAP+Work/Life website. There you'll find educational materials, newsletters, webinars, provider databases and other online tools. To get there, go to [hms.HealthAdvocate.com](http://hms.HealthAdvocate.com). Enter "State of Delaware" where it asks for the name of your organization.

### Q Is my privacy protected?

Yes. Our staff follows careful protocols and complies with all government privacy standards. Your medical and personal health information is kept strictly confidential.

## Help is Just a Phone Call Away



800.343.2186  
hms.HealthAdvocate.com



**hms**

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