

# Real-Life Help

Assistance and resources for personal, family and work issues



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A HealthAdvocate<sup>®</sup> Company

Monthly Webinar • Tuesday, January 20<sup>th</sup>

# Make a Fresh Start

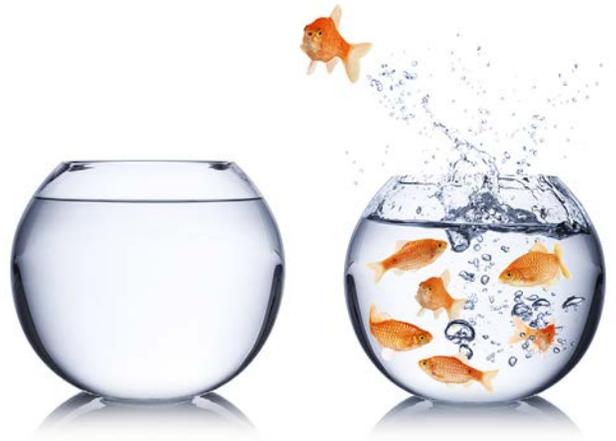
## We can help show the way

Ever want to rewind any dissatisfying parts of your life? The beginning of a new year offers a fresh start! For example, you can reduce conflict with friends or family by adopting effective communication strategies. Or, you can learn how to better juggle multiple responsibilities by locating supportive resources. Have a year filled with mounting debt? Learn take-charge tips for paying it down!

Sometimes, just changing your general attitude to view your life more positively can be the key to more success and happiness and for dealing with set-backs. You can always turn to your Health Advocate experts to explore strategies for a healthier, happier life. The service is FREE and completely confidential.

## Read on to find out how...

- ✓ A **Licensed Professional Counselor** can help you cultivate a more positive mindset.
- ✓ A **Work/Life Specialist** can locate financial counselors to speak with to help with debt stress.
- ✓ The **EAP+Work/Life website** provides authoritative articles about building optimism.
- ✓ A **Personal Health Advocate** can help you resolve healthcare and insurance issues to save time, money and worry.



# Free!

## Webinar!

### Tuesday, January 20<sup>th</sup>

#### Practice Gratitude

Remembering to be grateful every day can lead to greater happiness.

**Register now!**



## Real People, Real Stories

### Strive for Optimism

Not long after Dave took a new job, things started going downhill. His fiancé broke up with him, he messed up on a project, and his friends at work started getting cynical about the job. He was soon feeling negative about his life.

“I made an appointment with the EAP Licensed Professional Counselor and she helped me turn things around by changing my outlook. Now, when I think I can’t do something I ask myself what action I can take to face my challenge.”

Dave also learned to make a list of his good points and started socializing with coworkers who are more positive.

“It’s all made a huge difference in my confidence and performance.”

**Need help coping with set-backs? Turn to your EAP+Work/Life program.**

# Build a Positive Body Image

## We Can Help

A common New Year's resolution is to get in better shape. But many people feel discouraged trying to live up to unattainable goals for having a perfect body. This can lead to depression and poor behaviors such as fad diets, smoking to lose weight or using steroids to build muscles.

If you are feeling overly unhappy about your body, your Licensed Professional Counselor can help you develop a more realistic, positive body concept. Here is what our experts suggest:

**Physical exercise.** It will improve your mental health, figure, stamina, and cardiovascular system—all elements that will make you feel better about yourself.

**Toss the fashion magazines.** They typically convey an unrealistic weight standard.

**Focus on what you really value.**

Beauty is fleeting. Building better work and relationship skills, for example, are useful goals.

**Call us to help develop a plan for you!**



## EAP+Work/Life Website SPOTLIGHT:

### Cultivating Positivity

Get important tips for improving your mood when things don't seem to be going your way!

**Go to your member website to get started!**

# Drowning in Debt?

## Turn to Us

If you can't seem to get on top of all the holiday bills and other debt, call your EAP+Work/Life program. We can quickly set you up with a financial counselor to work with you to pay down debt and establish better spending habits. You will learn how to:

**Identify exactly what you owe** and the interest rates on credit cards.

**Determine if you want to pay off the card** with the largest interest rate first. Or, decide if you want to pay the smallest debt on a card in its entirety and chip away on your bigger bills.

**Most importantly, build a budget...** and use tips to stick with it!

**Call us today to begin working toward a better financial future.**



# EAP+ Work/Life Program

## EAP+Work/Life Get short-term assistance

- Referral for in-depth counseling, if needed
- Work/Life Specialists locate support resources, from caregiving to legal help
- Visit website for online articles and other resources
- In a crisis, emergency help is available 24/7

Talk to a Licensed Professional Counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help.

Use self-search provider databases, get 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

Confidential assistance is available 24/7.

**Just call**  
**800.343.2186**  
**hms.HealthAdvocate.com**

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## **About Human Management Services (hms)**

Human Management Services, Inc. (hms), a Health Advocate Company, is an integrated counseling and referral resource specializing in Employee Assistance (EAP) and Work/Life Programs. HMS works with companies throughout the United States and draws on over 30 years of experience implementing a broad range of Work/Life, case management and counseling services. HMS is known for their flexibility, commitment to innovation, and EAP marketplace knowledge, giving them the ability to continually deliver enhanced services to their clients.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate complies with all government privacy standards. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.