



Mutual of Omaha's Basic  
Employee Assistance Program

**PROFESSIONAL, CONFIDENTIAL, QUALITY ASSISTANCE...**  
**AVAILABLE ANYTIME 1-800-316-2796**



Benefits that <sup>SM</sup>work



Begin today.

Mutual of Omaha

Administered by:

**MUTUAL OF OMAHA INSURANCE COMPANY**

**UNITED OF OMAHA LIFE INSURANCE**

Mutual of Omaha Plaza

Omaha, NE 68175

[mutualofomaha.com/eap](http://mutualofomaha.com/eap)

Mutual of Omaha Insurance Company is licensed in all  
50 states. United of Omaha Life Insurance Company is  
not licensed in New York.



Mutual of Omaha's  
**WILD KINGDOM**

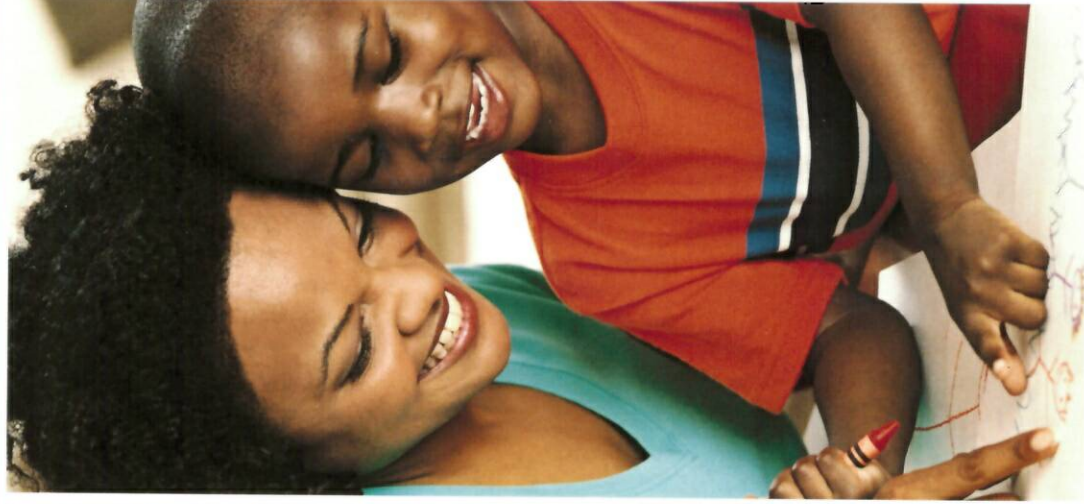
**MUTUAL OF OMAHA INSURANCE COMPANY**  
**UNITED OF OMAHA LIFE INSURANCE COMPANY**



Mutual of Omaha

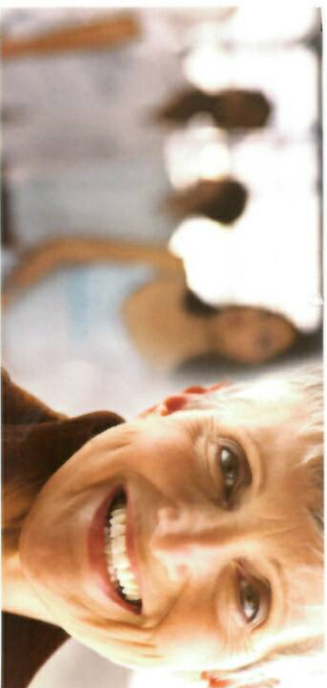
**BASIC EMPLOYEE  
ASSISTANCE PROGRAM**

WHEN YOU NEED SOMEONE TO TALK TO





When you need a trusted advisor to help you sort through personal issues that may affect your work, health and general well-being, Mutual of Omaha's Employee Assistance Program is there.



## Gain a New Perspective, and Help Manage Your Life

When it's difficult to cope with family, work-related, personal or substance-abuse problems – at work and at home – we often turn to family or friends for support. Unfortunately, there are times when that's not enough. Sometimes you need the ear of an experienced professional, one who will keep your concerns confidential and help guide you in the right direction.

Mutual of Omaha's Employee Assistance Program (EAP) has trained professionals to work with you as you search for solutions to personal and workplace issues. The program is voluntary and confidential; only your EAP professional will know you have called. This program is paid for by your company, and includes assistance for you and your immediate dependent family members.

## Services include:

- 24-hour toll-free phone access to EAP professionals 7 days a week
- Telephone assistance and referral
- Service for immediate and dependent family members

EAP staff members are highly trained, master's-level professionals who will assess your situation, provide support and, if needed, refer you to other helpful resources.

### MUTUAL OF OMAHA'S EMPLOYEE ASSISTANCE PROGRAM

#### Professional, confidential consultation, 24 hours a day

- Family and personal concerns
- Life transitions
- Work-related issues
- Problem solving
- Positive self-care
- Resources/referral

**1-800-316-2796**

[mutualofomaha.com/eap](http://mutualofomaha.com/eap)

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Mutual of Omaha

Mutual of Omaha's EAP can provide assistance for a variety of personal and professional matters, including:

- Stress
- Resiliency
- Depression
- Gambling and other addictive behavior
- Parenting
- Financial issues
- Life changes
- Relationships
- Drug/alcohol abuse
- Mental health
- Grief
- Balancing work and home

## Don't delay if you need help – call today

An objective point of view can be a good start to working through your concerns. Call your EAP professional at 1-800-316-2796, 24 hours a day, 7 days a week.

