



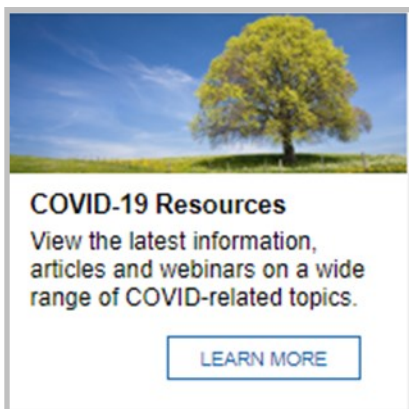
Did you know...

# You can access helpful, pre-recorded webinars through Health Advocate...and much more!

One of the many resources available through your Health Advocate Employee Assistance Program (EAP) is a wealth of prerecorded webinars on a wide variety of topics. To access all the resources available to you, visit [www.healthadvocate.com/Standard3](http://www.healthadvocate.com/Standard3).

## To access resources on COVID-19:

Click this tile:

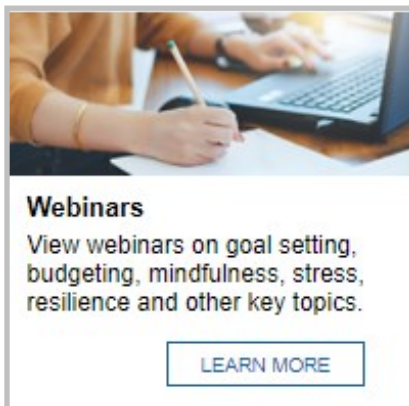


And from there, click on the resources you are interested in learning more about.

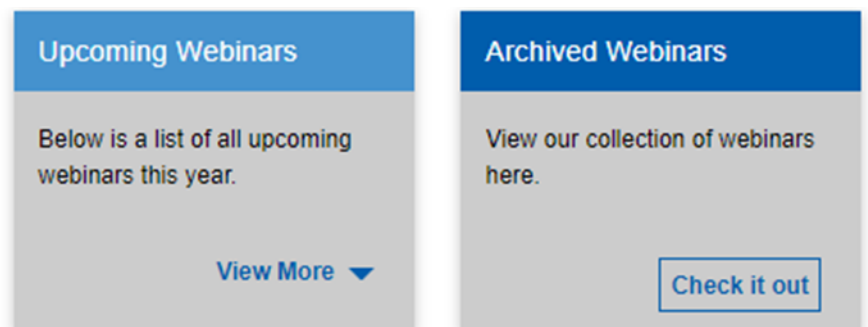


## To access webinars on a wide array of helpful topics:

Click this tile:



And from there, you can access archived webinars, plus a list of new webinars coming up.



\* **Upcoming Webinars** are posted for viewing beginning of the month referenced.

# Webinars

Most Popular Webinars	Highest Rated Webinars
<ul style="list-style-type: none"><li>• Minimizing Worry to Maximize Your Life</li><li>• Love Languages</li><li>• Eat Your Way to Better health</li><li>• Finding Your Balance</li><li>• Money Basics</li><li>• Budgeting Basics-The Key to Becoming Financially Healthy (Certificate)</li><li>• Work/Life Goal Setting</li><li>• Workplace Differences: A Matter of Style (Certificate)</li><li>• Clear Your Clutter: A Comprehensive Guide</li></ul>	<ul style="list-style-type: none"><li>• The Sandwich Generation: Multi-Generational Caregiving (Certificate)</li><li>• Productive Conflict Resolution</li><li>• Legal and Financial Skills in the Workplace (Certificate)</li><li>• Legal and Financial Aspects of Eldercare</li><li>• How to Have Difficult &amp; Sensitive Conversations (certificate)</li><li>• Innovative Decision Making: Problem Solving</li><li>• Breaking the Silence on Suicide: What to know and how to help</li><li>• What Colleges Really Look for</li><li>• Letting Your Emotions Interfere with Eating</li><li>• Embracing Life's Challenges: The Expected and the Unexpected</li><li>• Bringing More Balance into Your Life</li></ul>

## Employee Assistance Program

Available 24/7

[\(800\) 854-1446](tel:8008541446) | [unum.com/lifebalance](http://unum.com/lifebalance)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor\* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Relationship Issues, divorce
- Anger, grief and loss
- Job stress, work conflicts
- Family and parenting problems

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions and help you find resources in your community:

- Child care & Elder care
- Financial services, debt management, credit report issues
- Identity theft
- Legal questions
- Even reducing your medical/dental bills