

# A helping hand when you need it.



Rely on the support, guidance and resources of your Employee Assistance Program.

There are times in life when you might need a little help coping or figuring out what to do. Take advantage of the Employee Assistance Program (EAP),<sup>1</sup> which includes WorkLife Services and is available to you and your family in connection with your group insurance from The Northwestern Mutual Life Insurance Company (Northwestern Mutual). It's confidential — information will be released only with your permission or as required by law.

## Connection to Resources, Support and Guidance

You, your dependents (including children to age 26)<sup>2</sup> and all household members can contact the program's master's level counselors 24/7. Reach out through the mobile app, by phone, live chat online or email. You can get referrals to support groups, a network counselor, community resources or your health plan. If necessary, you'll be connected to emergency services.

Your program includes up to three counseling sessions per issue. Sessions can be done in person, on the phone, by video or text.

### EAP services can help with:

-  Depression, grief, loss and emotional well-being
-  Family, marital and other relationship issues
-  Life improvement and goal-setting
-  Addictions such as alcohol and drug abuse
-  Stress or anxiety with work or family
-  Financial and legal concerns
-  Identity theft and fraud resolution
-  Online will preparation



### Contact EAP

**888.893.6585**  
**(TTY Services: 711)**  
24 hours a day,  
seven days a week  
[www.Healthadvocate.com/NM3](http://www.Healthadvocate.com/NM3)

NOTE: It's a violation of your company's contract to share this information with individuals who are not eligible for this service.

With EAP, personal assistance is immediate, confidential and available when you need it.

## WorkLife Services

WorkLife Services are included with the Employee Assistance Program. Get help with referrals for important needs like education, adoption, daily living and care for your pet, child or elderly loved one.

## Online Resources

Visit [www.Healthadvocate.com/NM3](http://www.Healthadvocate.com/NM3) to explore a wealth of information online, including videos, guides, articles, webinars, resources, self-assessments and calculators.

The Northwestern Mutual Life Insurance Company | 900 SW 5th Avenue, Portland, OR 97204

<sup>1</sup> The EAP service is provided through an arrangement with Health Advocate<sup>SM</sup>, which is not affiliated with Northwestern Mutual. Health Advocate<sup>SM</sup> is solely responsible for providing and administering the included service. EAP is not an insurance product. This service is only available while insured under Northwestern Mutual's group policy.

<sup>2</sup> Individual EAP counseling sessions are available to eligible participants 16 years and older; family sessions are available for eligible members 12 years and older, and their parent or guardian. Children under the age of 12 will not receive individual counseling sessions.

Northwestern Mutual is the marketing name for The Northwestern Mutual Life Insurance Company (NM), Milwaukee, WI.