

# Your Employee Assistance Programme from Unum

Life, money and wellbeing support that can help you to run your life a little more smoothly.

Easy to access and confidential, Unum's EAP, provided by LifeWorks, is available to you and your immediate family members.

## Benefits include:



**Perks and savings**, such as digital gift card discounts, online cashback, in-store and online coupons, and lifestyle offers.



**An enhanced mobile app**, available in the App Store or Google Play, bringing all of LifeWorks' tools to your pocket.



**Wellness content**, providing information on physical, mental, social and financial wellbeing through articles, podcasts, toolkits and infographics.



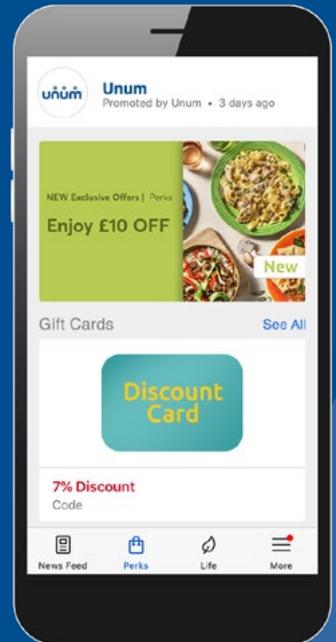
**Confidential telephone line**, available 24 hours a day, 365 days a year.



**Advice and support**, to help with financial, childcare, wellbeing and education issues.



**Counselling sessions**, typically starting within 5 working days.\*



\*face-to-face sessions are limited and depend on your policy.



## Access Unum's EAP in 3 easy steps:

- 1** Download the free LifeWorks app on iOS and Android by searching 'LifeWorks' in the App Store or Google Play, or go to [unum-uk.lifeworks.com](https://unum-uk.lifeworks.com)
- 2** Enter the unique invitation code shown below once you have downloaded the app or on the website
- 3** Complete the LifeWorks sign up form and your profile

You're now ready to use LifeWorks!

Access the service via the app, online at [unum-uk.lifeworks.com](https://unum-uk.lifeworks.com) or freephone **0800 048 2702** for confidential support **24 hours a day, 365 days a year**

Unum's EAP is delivered through LifeWorks by Morneau Shepell. Any personal information collected about you will be stored and kept confidential by LifeWorks. Personal information will not be disclosed outside of LifeWorks without your prior consent, unless there is a threat to human life or physical safety or if LifeWorks are legally required to do so. Calls may be recorded for training, monitoring and complaint investigation purposes.

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