

Help online

Get help 24/7 with our wide range of online resources. Visit **hpeap.com** and enter your password. You'll find:

- Articles and tip sheets (more than 4,000)
- Child care and elder care resources
- Financial calculators (more than 60)
- Legal information and forms
- Monthly webinars
- Online counseling
- Relocation center
- Self-assessment tools
- Skill builders for your personal and professional needs
- And more!

Help at your fingertips

Get help on the go with the iConnectYou mobile app for your iPhone or Android. Use it for video visits with a counselor or to get help finding child and elder care. Visit the app store to download it today.



We're here for you

HealthPartners EAP is easy to use and available anytime.

- **Call 1-866-326-7194**
- **Log on to hpeap.com** using the password
- **Download** the iConnectYou mobile app and register using passcode to text or video chat with us

HealthPartners Employee Assistance Program (EAP) services are provided by Workplace Options. The HealthPartners family of health plans is underwritten and/or administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.



Employee Assistance Program

Life doesn't always go as planned. When you need extra support, we're here to help. Whether it's an issue at work or home, call us anytime – day or night.



Whether you'd like help with your personal life or are having issues at work, we're here for you.

Emotional well-being

When your emotional well-being suffers, it can impact your entire life. We can help with many issues, including:

- Alcohol and drugs
- Depression
- Eating disorders
- Gambling
- Grief and loss
- Stress



Financial and legal

Wondering if you need a lawyer or financial planner? We have resources for many topics:

- Budgeting and planning
- Civil and consumer issues
- Debt recovery
- Family law
- Home ownership
- ID theft
- Real estate
- Retirement planning
- Saving and investing
- Wills/advance directives

Parenting and child care

Raising your child sometimes takes a village. We can help with:

- Behavior issues
- Blended families
- Child care referrals
- Child development
- College selection
- Cyberbullying
- Education issues
- Parenting
- Summer camps
- Social media and texting

Relationships

We can help you navigate challenging relationships with co-workers, family members or a spouse. This includes:

- Communications skills
- Divorce or separation
- Domestic violence
- Dual career challenges
- Marital and partner issues
- Personal relationships

Senior life

Caring for a parent or loved one advancing in years brings many new challenges. We can help with:

- Caregiver options
- Caring for aging parents
- Elder care referrals
- Health and safety concerns

Work and career

Get confidential advice for many on-the-job topics, including:

- Adjusting to change
- Career managements
- Coping with job stress
- Manager support and consultation
- Relocation
- Work and life balance
- Workplace relationships

And much more!

Your privacy is important. Everything you do with HealthPartners EAP is confidential. Nothing is shared with your employer or health plan. Information will only be released with your permission or when required by law.

