

Welcome to HumanaCare

As a member of Canadian Benefit Providers, you have access to HumanaCare's Employee and Family Assistance Program providing free, confidential support and counselling for individuals experiencing work-life challenges.

HumanaCare can assist in the following areas:

- ✓ Marital and Relationship Support
- ✓ Stress and Anxiety
- ✓ Depression
- ✓ Substance Abuse
- ✓ Legal and Financial Support
- ✓ Grief and Bereavement
- ✓ Family and Parenting Challenges
- ✓ Anger Management
- ✓ Diet and Nutrition
- ✓ Self Esteem
- ✓ Work-Related Stress
- ✓ Harassment
- ✓ Violence
- ✓ Healthcare Navigation and Support

Why Access HumanaCare's EFAP?

Many people face personal problems and pressures in their daily lives. Sometimes these problems become too much to handle and will begin to affect personal happiness, family life, performance at work and physical and mental health. Left unattended, problems can worsen with time and may become too difficult to deal with individually. HumanaCare's support and counselling can assist in finding ways to deal with life challenges.

Who can use the HumanaCare program?

Employees, their spouses/partners and children under 25 years of age (or still dependent) can access services.

How do I access HumanaCare's EFAP?



1-800-661-8193

24 hours a day anywhere in North America



www.humanacare.com

Is the program confidential?

Yes, all information is kept secure and is never shared with your organization.

Are there any Online or Self-Serve Services?

Included with your EFAP program is access to our employee wellness platform, www.humanacare.com/humanalife/ and to our HumanaCare Mobile Application. Key Code: cbp



TOLL FREE: 1-800-661-8193

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