

HumanaCare
PEOPLE ENABLING PEOPLE

Getting Started with **HumanaCare**

HumanaCare is a Canadian leader in employee health programs. They are passionate about employee health including mental and physical health, disability, chronic disease, and wellness. They have provided regional, national, and international employee health services, including Employee Assistance Programs (EAPs), since 1979.

Questions?

If you have any questions about your employee assistance program, contact HumanaCare at **1-800-661-8193**.

Employee Assistance Program (EAP)

As an employee, you have access to HumanaCare's Employee Assistance Program (EAP), providing free confidential support and counselling for individuals and their families experiencing work-life challenges.

Areas of Counselling:

- Marital and Relationship
- Stress and Anxiety
- Depression
- Substance Abuse
- Legal and Financial
- Bereavement
- Family and Parenting
- Career and Vocational
- Anger Management
- Diet and Nutrition
- Self Esteem
- Work-Related Stress
- Harassment
- HealthCare Navigation
- And more

Common Questions

Why Access HumanaCare's EAP?
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. Problems can worsen with time and may become difficult to deal with individually. HumanaCare's support and counselling can assist in finding ways to deal with these 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.

Is this Program Confidential?
Yes, all information is kept secure and is never shared with your employer.

Are there Online or Self-Serve Options?
Included with your EAP program is access to HumanaCare's wellness platform and mobile application. You can access the wellness platform by visiting: www.humanacare.com/BBD

Contact Us at: 1-800-661-8193