



Heluna Health®

EMPOWERING POPULATION  
HEALTH INITIATIVES SINCE 1969

# EMPLOYEE ASSISTANCE PLAN (EAP)

Life can be complicated.  
Getting help can be simple.

EAP can help  
turn problems  
into solutions.

LEGAL  
ASSISTANCE



BEHAVIORAL  
HEALTH  
Alcohol & Drug Abuse  
Anger Management



MARITAL  
Conflicts/Separation/  
Divorce 24/7  
Resource



**Online at:**

[www.login.lifeworks.com](http://www.login.lifeworks.com)

Username: **helunahealth**

Password: **lifeworks**

Toll free: 1-877-371-2455

Unlimited Telephonic Access

Unlimited Online Access

Clinically Approved Counseling

AND... Confidential

GRIEF & LOSS



WORK  
RELATED  
STRESS



I'm not getting  
along with my  
co-worker

It's so hard for  
me to get out  
of bed...

Why do I feel  
anxious all  
the time?

Money issues  
are creating  
conflict in my  
relationship

Need  
referral for  
a caregiver

I need help  
with my  
teenager!

ELDER  
CARE



PARENTING  
Resources & referrals  
for childcare, after  
school programs, camps,  
adoption service



FINANCIAL  
Debt Counseling or  
Retirement Planning



Heluna Health Benefits Department

[Benefits@HelunaHealth.org](mailto:Benefits@HelunaHealth.org)

Tel: 562.205.2433

Fax: 562.222.7373