

Employee Assistance Program

Option 2

MetLife[®]



We all need help every now and then

Problems are just a part of everyday life. In addition to the benefits provided under your MetLife Disability coverage, you and your household members now have access to MHN's Employee Assistance Program (EAP) to help with the everyday challenges of life that may affect your health, family life, and desire to excel at work. *(EAP services are provided by MHN, Inc., which is not a subsidiary or affiliate of MetLife.)*

Face-to-Face and Telephonic EAP Counseling

You and the members of your household are entitled to up to **3 counseling sessions per incident per individual per calendar year**. Your sessions may be conducted via telephone or in an EAP Counselor's private office... the choice is yours. Call 1-800-511-3920.

Work / Life Services

Counseling sessions and Web access are available for a variety of work/life related issues including:

Legal Concerns: Advice for family law, consumer issues, landlord/tenant disputes, personal injury, contracts, and criminal matters.

Financial Issues: Help for budgeting, credit issues and financial planning.

Child & Elder Care Assistance: Help for assessing your needs, locating resources and exploring government payment options.

Pre-Retirement Planning: Guidance for planning a quality retirement. Does not include tax, investment, or legal advice.

Web Service: MHN has expanded its Web services to offer you a private, online solution to work, life and health challenges called *MHN Online Member Services*. Log on to www.members.MHN.com and enter the following access code: **metlifeeap2**.



Your EAP can help you resolve a broad range of issues including:

- Relationship/Marriage Problems
- Family Issues
- Life Changes
- Stress/Emotional Issues
- Alcohol & Drug Dependency
- Many Other Problems Affecting You or Your Family

1-800-511-3920