



Unum's Employee Assistance Programme
(EAP), provided by LifeWorks, is a toolkit of personal and professional resources that you can use everyday to make life better.



 **Look for this icon**
or search "Lifeworks" in your app store to install the app.

0800 048 2702
unum-uk.lifeworks.com



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0800 048 2702 (UK)
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User ID: unum
Password: lifeworks

Unum LifeWorks is delivered by LifeWorks by Morneau Shepell. Any personal information collected about you will be stored and kept confidential by LifeWorks. Personal information will not be disclosed outside of LifeWorks without your prior consent, unless there is a threat to human life or physical safety or if LifeWorks are legally required to do so. Calls may be recorded for training, monitoring and complaint investigation purposes.

Unum

Unum has more than 40 years experience as a provider of financial protection, safeguarding individuals when they need it most. For more information please visit www.unum.co.uk.

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Unum's Employee Assistance Programme

Life, money and wellbeing support when and where you need it



Look for this icon or search "Lifeworks" in your app store to install the Unum LifeWorks app.



Work/life Assistance 24 hours a day

Your confidential EAP that can help you to run your life a little more smoothly.



Telephone



Online



Mobile app

Whether you have a simple question or a complex concern, the service is here to help you and your family with practical information and advice covering a range of topics.



Resources you can tap into

Easy Access

This is easy to access and confidential. It is available at no cost to you and your immediate family members 24 hours a day, 7 days a week, 365 days a year (available to employees based in the UK and Republic of Ireland only).

Personal Support

Speak to a caring professional counsellor, on matters affecting your emotional well-being including relationships, bereavement, stress and anxiety (available to employees only, except as part of couples counselling).

Referrals to local child and elder care resources

Provide a brief of your child or elder care needs and a consultant will carry out a search on your behalf and recommend available options.

Confidential Consultation

Practical information and advice on issues ranging from parenting and work matters, through to debt management and healthy eating.

Personal Legal Support

Access to in-depth help and information on any legal issue you may have questions or queries on; including:

- Consumer Advice
- Debt Advice
- Financial Law
- Motoring Offences
- Wills and Probate
- Criminal Law
- Family Law
- Medical Law
- Personal Injury
- Neighbour Disputes

Legal support consists of 1 consultation per issue per year (available to employees only).

Educational and Information Resources

A range of resources to view online or download including articles, podcasts and toolkits covering a variety of topics such as financial well-being, resilience, mindfulness and much more.

Unum's EAP

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Easy to access and confidential support for you and your immediate family members

Keep this card with you.

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