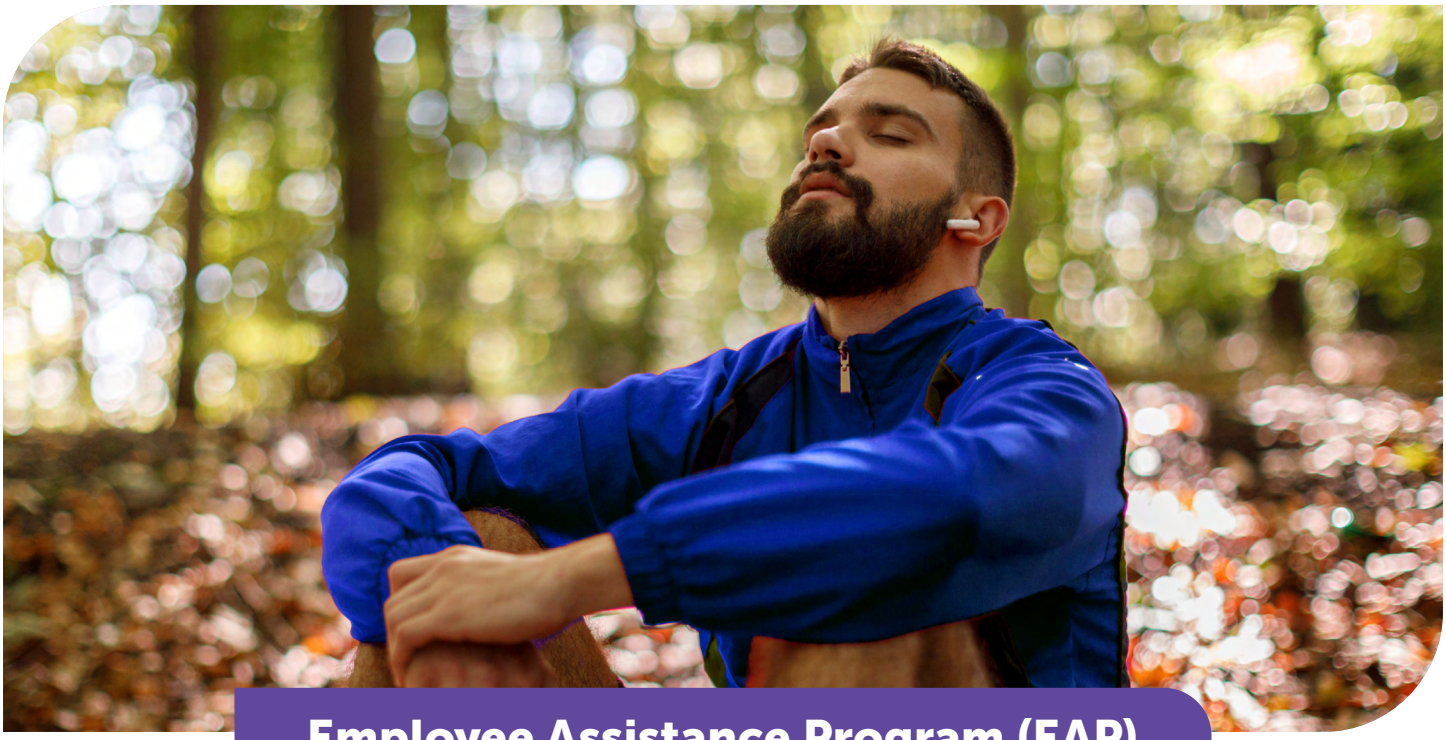
HealthPartners



Employee Assistance Program (EAP)

For when life doesn't go as planned

When you need everyday support, your HealthPartners Employee Assistance Program (EAP) is your free and confidential partner to help with whatever life throws your way, 24/7. Think of your EAP as that life coach you always wanted and never knew you had until now.

And let's face it — life is stressful. That stress can weigh you down, drain your energy, create irritability and weaken your health. That's why self-care is so important. Let your EAP be that critical resource to support your self-care and help you be a better version of yourself, inside and out.

Whatever you're struggling with — whether it be mental health, financial concerns, child care, elder care, navigating challenging relationships, your career and more — we are here no matter what with tailored, free and confidential support for you and your household.

Don't hesitate: reach out today

It's easy to put off self-care. But remember, the longer you do, the more the stressors in your life will negatively affect your overall health and well-being. You have a team at your fingertips to support you. You just have to take that first step. What are you waiting for? Reach out to your EAP today.

Call: **1-866-326-7194**

Log on: **hpeap.com** using the password:
mnurology

Use the app: Download the Balancy mobile app and register using passcode:
TBD
to text or video chat with us

Conveniently connect in person or virtually

We meet you where you are, whether that be In person or virtually, to help you get on track to better health.

Your EAP includes support for you and your entire household:

- Face-to-face counseling sessions
- Telephonic and virtual counseling sessions
- Mindfulness-based stress reduction
- Life coaching
- Self-directed virtual therapy
- Online resources: articles, tip sheets, webinars, self-assessment tools and more

Full circle support for any life issue

There are a lot of life issues you're dealing with daily. And sometimes it's easy to feel like you're going around in circles. Your EAP can coach you through any challenge, helping you come full circle and chart a path to success.

Emotional well-being

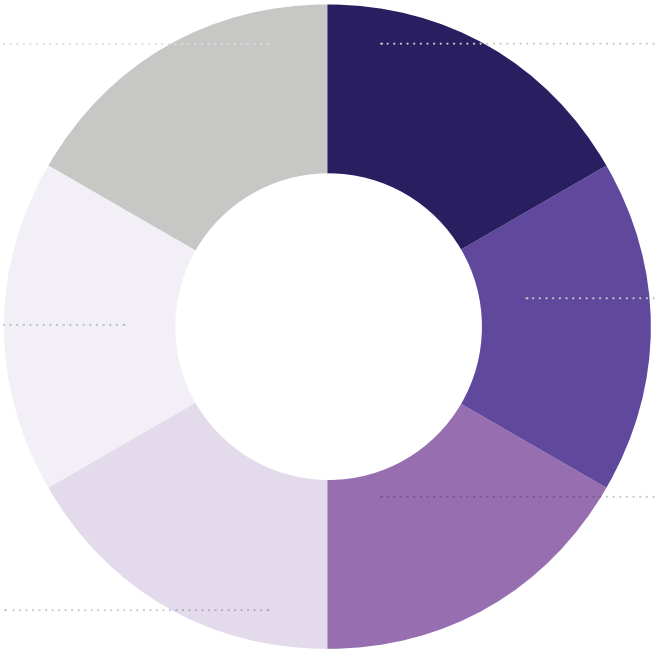
- Alcohol and drugs
- Depression
- Eating disorders
- Gambling
- Grief and loss
- Stress

Financial and legal

- Budgeting
- Debt recovery
- Family law
- Homeownership
- Retirement planning
- Saving and investing

Parenting and child care

- Behavior issues
- Blended families
- Child care referrals
- Child development
- College selection
- Cyberbullying
- Education issues



Relationships

- Communications skills
- Divorce or separation
- Domestic violence
- Marital and partner issues
- Personal relationships

Senior life

- Caregiver options
- Caring for aging parents
- Elder care referrals

Work and career

- Adjusting to change
- Career management
- Coping with job stress
- Work and life balance
- Workplace relationships

HealthPartners®

Your privacy is important to us. HealthPartners EAP provides confidential support and resources. Personal information will not be shared with your employer or health plan. If there's a significant risk of harm, we may disclose information to prevent it, following legal and ethical standards.

HealthPartners Employee Assistance Program (EAP) services are provided by Workplace Options. The HealthPartners family of health plans is underwritten and/or administered by HealthPartners, Inc.,HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company. 25-3375001-3846100 (10/25) © 2025 HealthPartners