

Employee Assistance Program (EAP)

Contact Mutual of Omaha's Comprehensive EAP Services Anytime: 24/7 Support, Resources & Information

No cost, confidential solutions to life's challenges.

Your Mutual of Omaha EAP Services offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 800.316.2796
mutualofomaha.com/eap

Your toll-free number gives you direct, 24/7 access to an in-house team of Master's level EAP professionals, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: **mutualofomaha.com/eap**

Log on today to connect directly with an EAP professional about your issue or to consult articles, podcasts, videos and other helpful tools.

Confidential Emotional Support: Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Work-Life Solutions: Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

Legal Guidance: Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.

Financial Resources: Our financial experts can assist with a wide range of issues. Talk to us about:

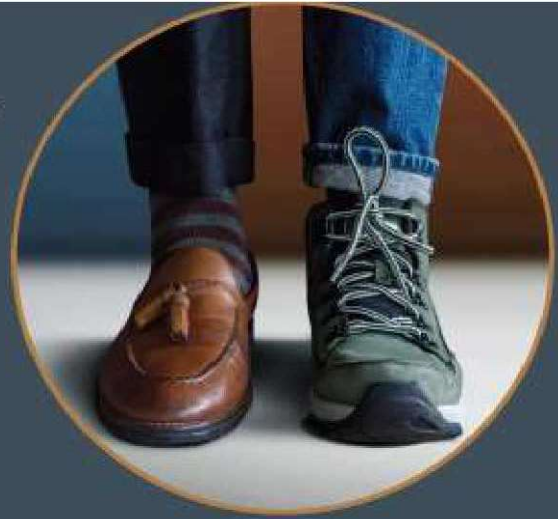
- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

Online Support: GuidanceResources Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

WORK - LIFE - MONEY BALANCE

We can help you achieve it.



You want to make the most of your money, but where do you start? Thanks to your employer, you have Francis LLC to help. Our company-sponsored financial wellness benefit connects you with down-to-earth financial planners who educate, advise, and coach - without any hidden sales angles - helping you achieve Work-Life-Money Balance. You get the financial help you need on any money matter within the safety of a confidential, judgment-free environment. There are no per session copays so you can meet with a planner as often as you wish. The cost for these education and planning services are included in the fees charged to the plan.

CONNECT WITH US



Learn more about Francis' financial wellness services by visiting us online. You'll find information on group events, financial tools and calculators, registrations to live webinars, money videos, our blog, and sign-ups for the Francis eNewsletter. Looking to schedule a session with a Financial Planner? You can do that online, too! Whether you're just starting out, hitting your stride, or taking steps towards retirement, Francis is here to help you maximize your financial future.

francisway.com/stfrancis



Our free mobile application, the Francis LLC app, puts the power of your financial wellness benefit in the palm of your hand. Use the app to:

- Message your planner
- Book a financial planning session
- Complete the Money Advice Planner tool to discover your top five money priorities
- Learn about money topics important to you

To download the free app, visit the Apple App or Google Play store and search for: Francis LLC.