

Welcome to HumanaCare!

As a member of the Funeral Professionals Peer Support Association, you have access to HumanaCare's Employee and Family Assistance Program providing free, confidential support and counseling for individuals and their families experiencing work-life challenges.

HumanaCare can assist in the following areas:

- Marital and Relationship Support
- Stress and Anxiety
- Depression
- Substance Abuse
- Legal and Financial Support
- Anger Management
- Grief and Bereavement
- Work-Related Stress
- Family and Parenting Challenges
- Healthcare Navigation and Support
- Violence
- Harassment
- Self Esteem
- Diet and Nutrition

Why Access HumanaCare's EFAP?

Many people face personal problems and pressures in their daily lives. Sometimes these problems become too much to handle and will begin to affect personal happiness, family life, performance at work and physical and mental health. Problems can worsen with time and may become difficult to deal with individually. HumanaCare's support and counselling can assist in finding ways to deal with these life challenges.

Who can use the HumanaCare program?

Employees and their spouses/partners and children under 25 years of age (or still dependent) can access services.

How do I access HumanaCare's EFAP?

You can access HumanaCare 24 hours a day, anywhere in North America at **1-800-661-8193** or www.humanacare.com.

Is the program confidential?

Yes, all information is kept secure and is never shared with your organization.

Are there any Online or Self-Serve Options?

Included with your EFAP program is access to our wellness platform and our HumanaCare Mobile Applications. You can access the wellness platform by visiting: www.humanacare.com/humanalife. Your mobile application key code is: FPPS

