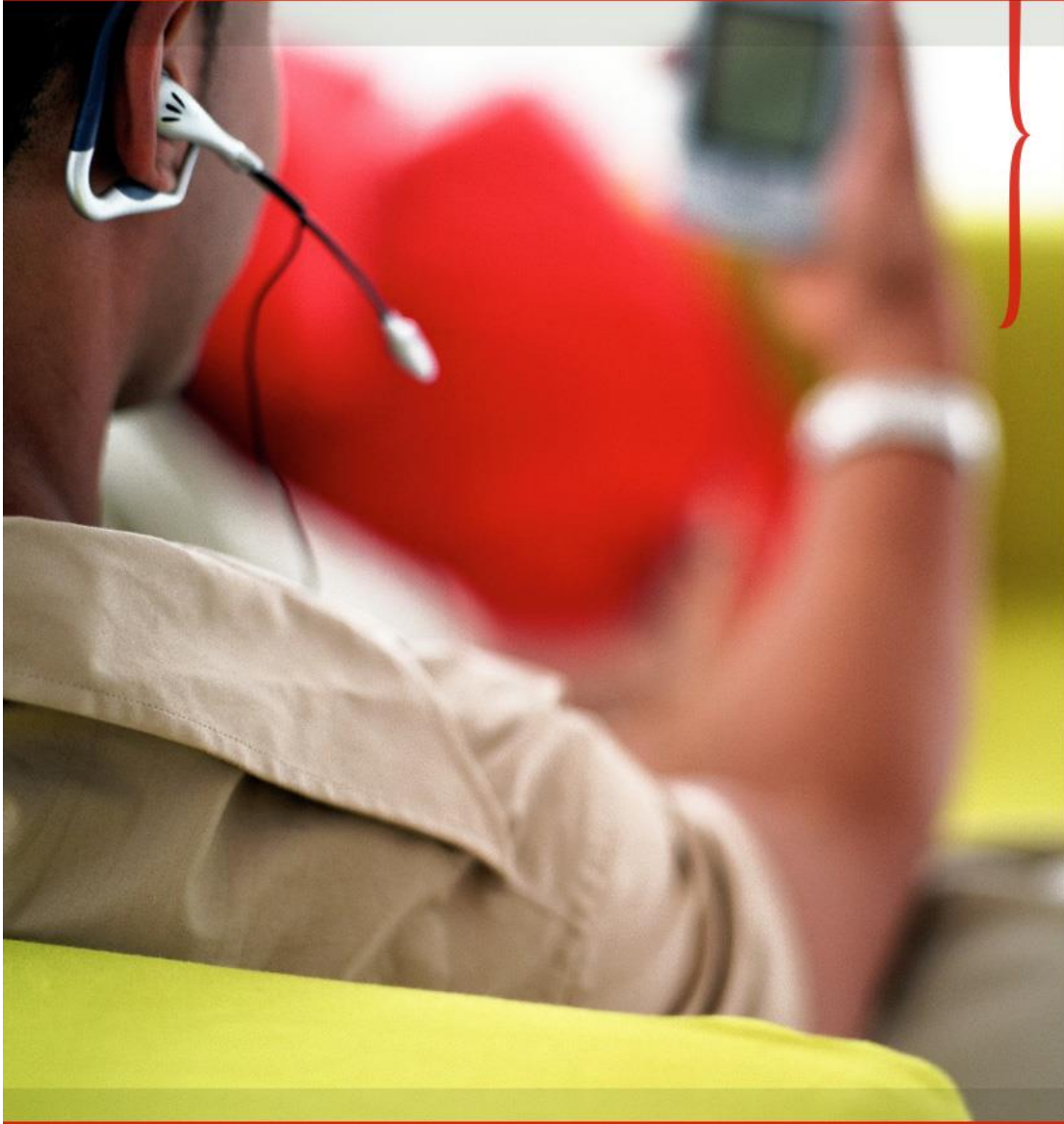
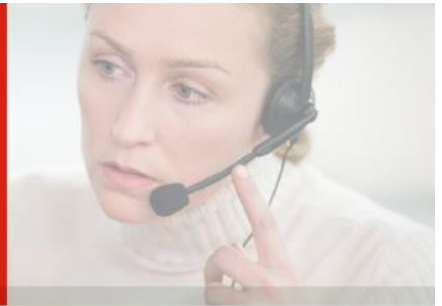


*Employee Assistance Program*

## COUNSELING



### FEATURES INCLUDE:

- 24/7 access when you use our hotline to launch services.
- Short-term, structured counseling sessions.
- Services are completely confidential.
- Connect from the privacy of your home or office— In The Moment Support when and where you need it.
- Available to you and your eligible family members (spouse or dependents in your household).
- Long-term referrals coordinated with your health care benefits.

Help from a counselor is just a phone call away with short-term counseling sessions provided as part of your Employee Assistance Program. These counseling sessions can be scheduled at a time that is convenient for you. Call from the privacy of your home or office and one of our helpful counselors will help you address issues that are making it difficult to manage at work or at home.

TOLL-FREE: **800-847-7240**  
WEBSITE: **[www.my-life-resource.com](http://www.my-life-resource.com)**  
USERNAME: **hmsa**  
PASSWORD: **myresource**

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