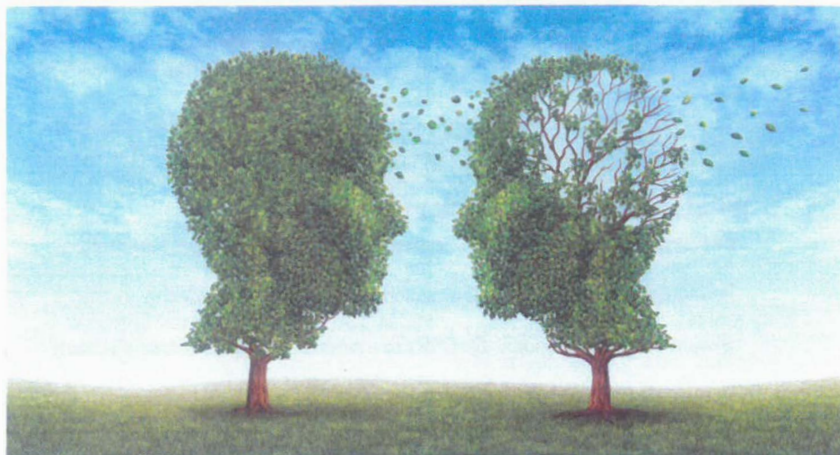


A 24 hour helpline from **Health Assured** to support you through any of life's issues or problems

Employee Assistance Programme



We don't know when you might need us.
That's why we're here **24 hours a day**.

- ✓ Legal
- ✓ Counselling
- ✓ Consumer
- ✓ Family
- ✓ Financial
- ✓ Medical
- ✓ Work
- ✓ Stress

Call us in strictest Confidence on

0800 030 5182

(Outside the UK: +44 161 836 9498)

- ✓ Emotional support
- ✓ Medical factsheets
- ✓ Personal coaching
- ✓ Fitness advice
- ✓ Health assessment
- ✓ Stress assessment

Online Lifestyle Services

www.healthassuredeap.co.uk

Username: **South** Password: **Lakeland**



A confidential support service for employees

About Your Employee Assistance Programme

Sometimes it can be difficult to balance the pressures of work with the need of home life. Your employer recognises help is sometimes needed to deal with the challenges you may face in life, both practical and emotional. Health Assured provides confidential support services which are available to you and your immediate family.*

**Please make that call rather than allowing your concerns to grow
you can speak with the same counsellor more than once**

What can I use this service for?

- Family issues
- Financial information
- Legal information
- Medical information
- Relationships
- Housing concerns
- Alcohol or drug issues
- Childcare advice
- Stress and anxiety
- Gambling issues
- Domestic abuse
- Retirement
- Consumer issues
- Tax information
- Bereavement

Telephone Counselling

Your call will always be answered by a qualified, experienced counsellor who will offer help and support in a professional, friendly and non-judgmental manner.

Online Health Portal @ www.healthassuredeap.com

- Nutritional advice
- Health checks
- Fitness advice
- Personal coaching
- Medical factsheets
- BMI assessment

FREE 24 HOUR 0800 030 5182
www.healthassuredeap.com

Pop out card and put it in your wallet

EMPLOYEE ASSISTANCE PROGRAMME

Family Issues

Debt

Work

Lifestyle Addictions

Relationships

Legal

FREE 24 HOUR
personal support service
0800 030 5182

www.healthassuredeap.com