

## Life is complicated. Find your balance.

4/13/07

Dear Employees,

Greensboro College is happy to introduce our work-life balance employee assistance program (EAP), part of your long term disability or life insurance provided through Unum.

It can be difficult to balance the demands of work with those of your personal life. The work-life balance EAP is here to help. It provides unlimited telephone consultations with master's-level consultants, web-based tools and online information for you and anyone in your family who needs help.

Visit the website or call a master's-level consultant if you need help and information with issues such as:

- problems with a manager or coworker;
- coping with stress, anxiety and depression;
- organization tips and prioritization ideas;
- caring for an elderly relative or finding senior assistance;
- raising children and finding child care in your area;
- dealing with a family member who has an addiction;
- improving your health or controlling a chronic condition;
- getting out of debt and managing your finances;
- relationship issues, legal issues and much more.

Help is only a call or a click away. Call whenever you like, as often as needed. Consultants can help you work through your concerns and develop a plan to address your problems. Calls are confidential\*; no one will know you use this service unless you tell them. You can also use the website at [www.lifebalance.net](http://www.lifebalance.net) to e-mail a consultant, locate area resources or download information. Our Work-life balance EAP is *the* comprehensive resource available to help you face life's everyday challenges.

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\*The consultants must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority.

Work-life balance employee assistance program services are provided by Ceridian Corporation. These services are available with selected UnumProvident insurance offerings. Exclusions, limitations and prior notice requirements may apply, and service features, terms and eligibility criteria are subject to change. The services are not valid after termination of coverage and may be withdrawn at any time. Please contact your UnumProvident representative for full details.

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**UnumProvident Corporation**

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