

# Your EAP has great online information at your fingertips!

**Log On and Learn!** Check out our online offerings such as trainings, articles, webinars, courses and more to help make your job and life easier and less stressful.

Log onto your member website at [www.unum.com/lifebalance](http://www.unum.com/lifebalance) and click on “Access Your EAP Benefits” to access these EAP+Work/Life resources

1

Access to locators for Childcare, Eldercare, Pets, Adoption, Education and Volunteer Services in your area.

2

Webinars from leading experts on Work/Life topics.

3

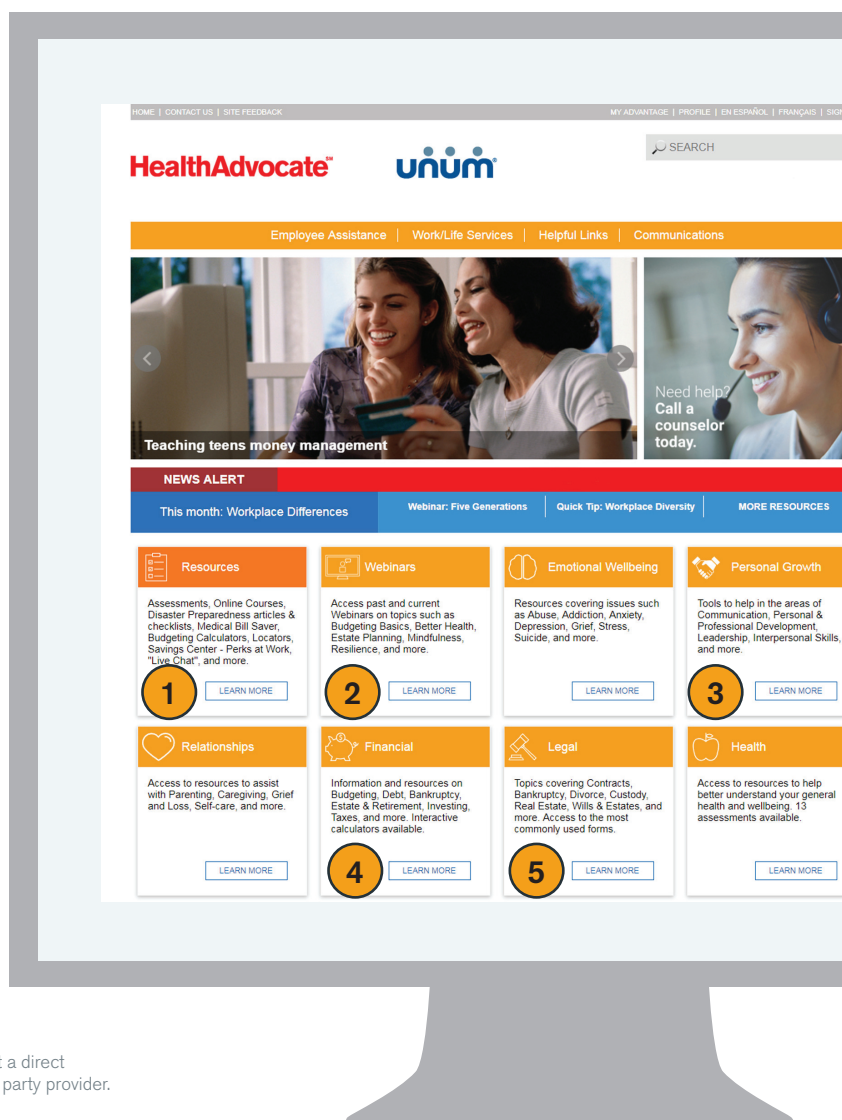
80+ soft skill courses in the areas of Communication, Personal and Professional Development, Leadership, Interpersonal Skills and more

4

Information and resources on Budgeting, Debt, Bankruptcy, Estate & Retirement, Investing, Taxes, and more. Interactive calculators available.

5

Topics covering Contracts, Bankruptcy, Divorce, Custody, Real Estate, Wills & Estates, and more. Access to the most commonly used forms.



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