

Professional support and guidance for everyday life

Life doesn't always go as planned. And while you can't always avoid the twists and turns, you can get help to keep moving forward.

We can help you and your family, those living at home, get professional support and guidance to make life a little easier. Our Employee Assistance Program (EAP) is available to you in addition to the benefits provided with your MetLife insurance coverage. This program provides you with easy-to-use services to help with the everyday challenges of life — at no additional cost to you.



Expert advice for work, life, and your well-being

The program's experienced counselors provided through 7 (/ 8 6 + H-D 0140K the nation's premier providers of Employee Assistance Program services — can talk to you about anything going on in your life, including:

- Family: Going through a divorce, caring for an elderly family member, returning to work after having a baby
- Work: Job relocation, building relationships with co-workers and managers, navigating through reorganization
- Money: Budgeting

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