

## Be Well

Part of the Minds  
at Citi initiative

Free and confidential  
programs available to  
employees and their  
household members

Life has its challenges. Citi has  
resources to help.



# The Be Well Program Just Got Better!

You and your household members now have access to up to ten counseling sessions as well as help in finding resources!

## **Short-term Counseling Services**

The personal challenges you face — both on the job and at home — can often lead to stress or disrupt your sense of well-being. Citi's **Be Well Program** can help. You and your household members can attend up to ten face-to-face counseling sessions near your home or work at no cost to you. If you require additional help, your Be Well counselor will attempt to find a health care professional covered by your medical plan, if applicable.

## **Resource & Referral Services (New in 2019!)**

Balancing work and life isn't always an easy task. The **Resource & Referral Services** extend a helping hand when you need it most. Be Well can address your everyday challenges while saving you and your household members time and money. Available online and by telephone, this confidential resource provides complimentary information and practical solutions, customized referrals, and research.

Get started by calling Be Well for confidential support and assistance on a wide variety of issues and concerns, including:

- **Relationship issues:** general marital/partner concerns, conflict resolution, physical or emotional abuse
- **Emotional well-being concerns:** depression, stress and anxiety, grief and loss, addictions
- **Resolve financial and legal concerns,** such as budgeting, debt management, estate planning, identity theft, and other issues
- **Workplace challenges:** communicating with your boss, dealing with organizational change, experiencing stress
- **Manager resources:** helping employees deal with change, building leadership and communication skills
- **Locate reliable support services** to find resources on a variety of topics, like childcare, adoption, eldercare, home repairs, pet care, vacation planning and much more



### Contact Be Well 24/7

**1-800-952-1245** (Toll-free in the U.S.)

**1-888-809-8455** (Outside the U.S.)

711 (TTY)



To access online resources and support, visit [humana.com/eap](https://www.humana.com/eap)

Username: resources Password:  
for\_you



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