

unum



# Unum LifeWorks

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Helping in every area of your life  
when and where you need it

## Unum LifeWorks Work-Life Assistance 24 hours a day

Unum LifeWorks is a confidential Employee Assistance Programme that can help you to run your life a little more smoothly.

Whether you have a simple question or a complex concern, the service is here to help you and your family with practical information and advice covering a range of topics affecting **health, family, money matters** and **work**.



**0800 048 2702**



**www.unumlifeworks.co.uk**



**Look for this icon** or search "Lifeworks" in your app store to install the Unum LifeWorks Mobile app.

**User ID:** unum **Password:** lifeworks



## Resources you can tap into providing a wealth of information

### Easy Access

This is easy to access and confidential. It is available at no cost to you and your immediate family members 24 hours a day, 7 days a week, 365 days a year (available to employees based in the UK and Republic of Ireland only).

### Personal Support

Speak to a caring professional counsellor, on matters affecting your emotional well-being including relationships, bereavement, stress and anxiety (available to employees only, except as part of couples counselling). Up to 6 sessions per issue per year.

### Referrals to local child and elder care resources

Provide a brief of your child or elder care needs and a consultant will carry out a search on your behalf and recommend available options.

### Confidential Consultation

Practical information and advice on issues ranging from parenting and work matters, through to debt management and healthy eating.

### Personal Legal Support

Access to in-depth help and information on any legal issue you may have questions or queries on; including:

- Consumer Advice
- Debt Advice
- Financial Law
- Motoring Offences
- Personal Injury
- Wills and Probate
- Criminal Law
- Family Law
- Medical Law
- Neighbour Disputes
- Property Law

Legal support consists of 1 consultation per issue per year (available to employees only).

### Educational and Information Resources

A range of resources to view online or download including articles, podcasts and toolkits covering a variety of topics such as financial well-being, resilience, mindfulness and much more.

Unum LifeWorks is delivered by LifeWorks. Any personal information that we collect about you will be stored and kept confidential. We will not disclose your personal information outside of Unum LifeWorks without your prior consent, unless there is a threat to human life or physical safety or if we are legally required to do so. Calls may be recorded for training, monitoring and complaint investigation purposes.

### Unum

Unum is one of the UK's leading providers of financial protection, with more than 40 years' experience safeguarding individuals from the consequences of serious illness, injury or death. For more information please visit [www.unum.co.uk](http://www.unum.co.uk). Unum Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registered in England 983768.