



**LAMAR UNIVERSITY**

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM™



**LAMAR INSTITUTE  
OF TECHNOLOGY**

## ***New Employee Assistance Program (EAP) through Humana!***

Lamar University (LU) and Lamar Institute of Technology (LIT) are pleased to announce our partnership with a new Employee Assistance Program (EAP) provider. **Effective March 1**, EAP and Work-Life Services benefits will now be offered through Humana. Our relationship with Interface, our previous EAP provider, will end as of March 1.

### **What Can the New EAP Program Offer Me?**

We understand that everyone needs help with life's challenges and the daily demands of home and work. That's why we're partnering with Humana to provide you and members of your household with confidential EAP and Work-Life Services, **at no cost to you**. Services are confidential and available to LU and LIT employees and their household members 24 hours a day, seven days a week.

### **What Benefits Can I Expect?**

LU and LIT employees can call Humana's EAP and Work-Life program to receive guidance and assistance with family issues, finding child and adult care, workplace concerns, legal and financial issues, stress, health and wellness, and any other issues that concern them. The program offers personal, confidential guidance, coaching and counseling for all LU and LIT employees and members of their household.

#### ***Benefits at a Glance:***

- Flexible options that include EAP counseling sessions in-person and/or over the telephone
- Access to EAP and Work-Life professionals who can assist with issues across disciplines, collaborating to address your concerns and help to solve your personal and work issues efficiently
- Access to LifeCoaches who can help you reach your own personal goals
- Customized referrals and educational materials with verification of availability and vacancy
- EAP App that includes discounted offerings like Talkspace online therapy
- Dedicated website offering expert articles, assessments, resource finders, interactive tools, checklists, podcasts, and webinars

### **Is There a Cost?**

LU and LIT assume all costs for use of EAP and Work-Life Services for you and members of your household. If additional assistance is necessary, referrals will take into account your preferences, medical plan, and financial circumstances. Please refer to your insurance plan booklet or contact Human Resources for specific plan provisions.

### **How Do I Access My Benefits?**

To access your EAP and Work-Life benefits through Humana:

Humana Telephone: 1-800-448-4358  
Online: <http://humana.com/eap>  
(username: **lamarred** | password: **lamarred**)

### **Questions?**

Contact Human Resources at (409) 880-8375 or [hr@lamar.edu](mailto:hr@lamar.edu).