

Employee Assistance Program (EAP)



Employee Benefits Overview



MISSISSIPPI STATE
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Department of Human Resources
Management

Employee Assistance Program (EAP)

- Provided by Humana.
- All services listed are **free** for employees and their household members.
- Assists employees with a wide range of support for family, marital, work-life challenges, stress, or parenting.
- All EAP services to employees are **confidential** and are not reported to colleagues, departments, supervisors, administration, or to the Department of Human Resources Management. All types of contact you make with the EAP remain confidential – permanently.



Free Resources

There are 3 ways to use the Employee Assistance Program.

1. Humana hosts a **web portal** that includes articles, financial calculators, and webinars that address a wide variety of issues.
2. You have unlimited **telephone** access to personal guidance, 24 hours a day, 7 days a week. The staff are experienced, certified, and licensed professionals.
3. You also have the availability to access 3 face-to-face **counseling sessions** per issue, per year. These may be scheduled with professional practices in your area.



Additional Services

Additional services include:

- Tools for managers
- Health and Wellness Resources
- Financial Services – including free 30-minute consultations with financial professionals. Additional tax preparation services are eligible for a 25% discount from participating providers.
- Legal Services* – including free 30-minute consultations with attorneys. Additional legal services are eligible for a 25% discount from participating providers.
- A personalized Life Coaching program. Once paired with a coach, sessions are available through the phone and are unlimited.

*Does not cover employment-related matters.



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How to Access the EAP

- **The Web Portal:** humana.com/eap

Enter username: msu (not case sensitive)

Enter password: msu (not case sensitive)

- **Telephone counseling:** 1-866-219-1232 (toll-free)
- **Face-to-Face Sessions:** For a referral and information about appointments, contact LifeSynch at (866) 219-1232, and counselors will connect you with expertise, guidance, and support for your issue with a local provider. Up to three face-to-face sessions may be scheduled using your EAP. Additional sessions may be scheduled subject to your State Employees' Health insurance provisions available online:
<http://knowyourbenefits.dfa.ms.gov/>



Contact Information

Department of Human Resources Management

Location: McArthur Hall, Room 150

Mailing Address: Human Resources Management
P.O. Box 9603
Mississippi State, MS 39762

Campus Mail Stop: 9603

Phone: (662) 325-3713

Fax: (662) 325-0753

Email: benefits@hrm.msstate.edu

