### Summary of Services

<table>
<thead>
<tr>
<th>Counseling Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to five (5) counseling sessions are available for issues affecting employees and their dependents. Individuals may speak with a professional counselor by phone, and the Employee Assistance Program will provide a referral to see a local counselor at no cost for issues such as:</td>
</tr>
</tbody>
</table>
| - Anxiety and stress  
| - Depression  
| - Grief  
| - Parenting  
| - Drug or alcohol abuse  
| - Transition and change  
| - Relationships – individual, marital, and family |

<table>
<thead>
<tr>
<th>Family Caregiving Services</th>
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</thead>
<tbody>
<tr>
<td>Confirmed referrals and information are available on a variety of family matters, including:</td>
</tr>
</tbody>
</table>
| - Adoption  
| - Bankruptcy  
| - Child custody  
| - Criminal issues  
| - Divorce  
| - Prenatal care  
| - Daycare/summer camps  
| - Special needs services  
| - Preparing students for college  
| - Assisted living  
| - In-home care  
| - Transportation services  
| - Adult daycare |

<table>
<thead>
<tr>
<th>Legal Services</th>
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<tbody>
<tr>
<td>Up to 30 minute phone or in-person consultation is available to help answer basic legal questions and simplify the process of obtaining legal help. Some common legal concerns include:</td>
</tr>
</tbody>
</table>
| - Adoption  
| - Bankruptcy  
| - Child custody  
| - Criminal issues  
| - Divorce  
| - Estate Planning  
| - Immigration  
| - Real estate  
| - Tenant’s rights  
| - Mediation  
| - Bankruptcy alternatives  
| - Budgeting and cash flow  
| - Credit issues  
| - Identity theft  
| - Education funding  
| - Income taxes  
| - Mortgages  
| - Retirement planning  
| - Repairs  
| - Moving and relocation services  
| - Cleaning services  
| - Car and hotel reservations  
| - Sightseeing tours  
| - Destination guides  
| - Dining  
| - Personal shopping  
| - Gift Recommendations |

<table>
<thead>
<tr>
<th>Financial Services</th>
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</thead>
<tbody>
<tr>
<td>A telephonic consultation with a qualified financial consultant is available to assist with a variety of financial concerns such as:</td>
</tr>
</tbody>
</table>
| - Bankruptcy alternatives  
| - Budgeting and cash flow  
| - Credit issues  
| - Identity theft  
| - Education funding  
| - Income taxes  
| - Mortgages  
| - Retirement planning |

<table>
<thead>
<tr>
<th>Convenience Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Employee Assistance Program includes complimentary referrals to convenience services to help members make the most of their money and free time.</td>
</tr>
</tbody>
</table>
| - Research articles  
| - Wellness articles  
| - Online trainings  
| - Monthly webinars  
| - Self-search locators for child, academic, and adult care resources  
| - And much more! |

<table>
<thead>
<tr>
<th>Online Tools and Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>EAPhelplink.com is an interactive web-based self-service solution. The site provides a wide array of life management tools to help members with a variety of personal and/or work related issues in a private and convenient manner.</td>
</tr>
</tbody>
</table>

For more information about your Employee Assistance Program please contact us as listed below.

Phone: 877-239-8783   Website: [www.EAPhelplink.com](http://www.EAPhelplink.com)   Company Code: kcleap5

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**KANSAS CITY LIFE**  
**GROUP BENEFITS**
Employee Assistance Program

provided by

KANSAS CITY LIFE
GROUP BENEFITS
Available 24/7

Phone:
877-239-8783

Online:
www.eaphelplink.com

Code:
KCLEASEP5

Assisting you with many of life’s challenges, privately and conveniently, with up to five face-to-face visits.

Available 24 hours a day, seven days a week.

• Emotional Wellness Services
• Caregiving Services
• Convenience Services
• Legal Services