



CLAC'S NEW EFAP PROVIDER

We are pleased to introduce HumanaCare as our new national EFAP provider effective September 1, 2022.

HumanaCare will become the provider for CLAC's Employee and Family Assistance Program (EFAP), replacing LifeWorks. If you are covered under a CLAC Health & Welfare Trust Fund benefits plan, you will continue to enjoy immediate, free, and confidential help through HumanaCare.

Many people face personal problems and pressures in their daily lives. HumanaCare's support and counselling can assist in finding ways to deal with these life challenges, including the following areas:

- Relationships and Couples
- Family and Parenting
- Stress and Anxiety
- Depression
- Substance Use
- Legal and Financial
- Grief and Bereavement
- Career Coaching
- Behavioural Management
- Diet and Nutrition
- Work-Related Stress
- Bullying and Harassment
- Crisis and Trauma

You can contact HumanaCare 7 days a week, 24 hours a day, or visit them online to request help. One of their nurse care specialists will assist you with appropriate services or support.

1-800-661-8193

24 hours a day, anywhere in North America

humanacare.com/clac

Access code: CLACEFAP

If you have any questions about your EFAP program, please contact your Union Benefits Team.

1-888-600-2522

westernbenefits@clac.ca

