Survey respondents reported 49.7% fewer mental unhealthy days and 41.8% fewer days in which poor mental or physical health kept them from doing their usual activities.

How has the EAP promoted mental well-being?

Survey respondents reported 49.7% fewer mental Unhealthy Days.

They also reported 41.8% fewer days in which poor mental or physical health kept them from doing their usual activities.

Learn more

To find out more about how Humana EAP and Work-Life can support a culture of mental well-being in your workplace, contact your Humana sales representative.

Humana EAP and Work-Life: By the Numbers

Humana Employee Assistance Program (EAP) and Work-Life Services can help your workforce become more resilient and productive in their lives.

How does Humana EAP make an impact? Check out these numbers:

What do employees think of Humana EAP?

Of respondents:

94% were satisfied with the EAP service overall

82% felt more confident in their ability to handle the situation for which they called EAP

57% indicated they felt less stress than when they first called EAP

76% are likely to recommend EAP

Learn more

To find out more about how Humana EAP and Work-Life can support a culture of mental well-being in your workplace, contact your Humana sales representative.

Humana

These non-insurance services are provided by Humana EAP and Work-Life Services.

Personal information about participants and members of their households remains confidential according to all applicable state and federal laws, unless disclosure is allowed by such laws.

In Kansas, Humana agents and sales representatives are prohibited from conducting pre-sale conversations with clients regarding Go365, EAP, or other value-added services.

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ABOUT THE METHODOLOGY

This report presents outcomes of Humana EAP callers whose service requests were created between May 1, 2016 and April 30, 2018. Telephonic follow-up surveys were conducted approximately three months after the service request date. A total of 3,489 EAP callers, out of 18,795 eligible for follow-up, completed the survey (18.6% response rate).

Respondents reported improvement in Healthy Days as well as the five Workplace Outcomes Suite metrics (absenteeism, presenteeism, work engagement, life satisfaction and workplace distress). Survey respondents reported 7.1 fewer mental unhealthy days (n = 1,774, p < 0.001) (49.7% less) and 2.3 fewer days (41.8% less) on which poor mental or physical health kept them from doing their usual activities (n = 1,768, p < 0.001).