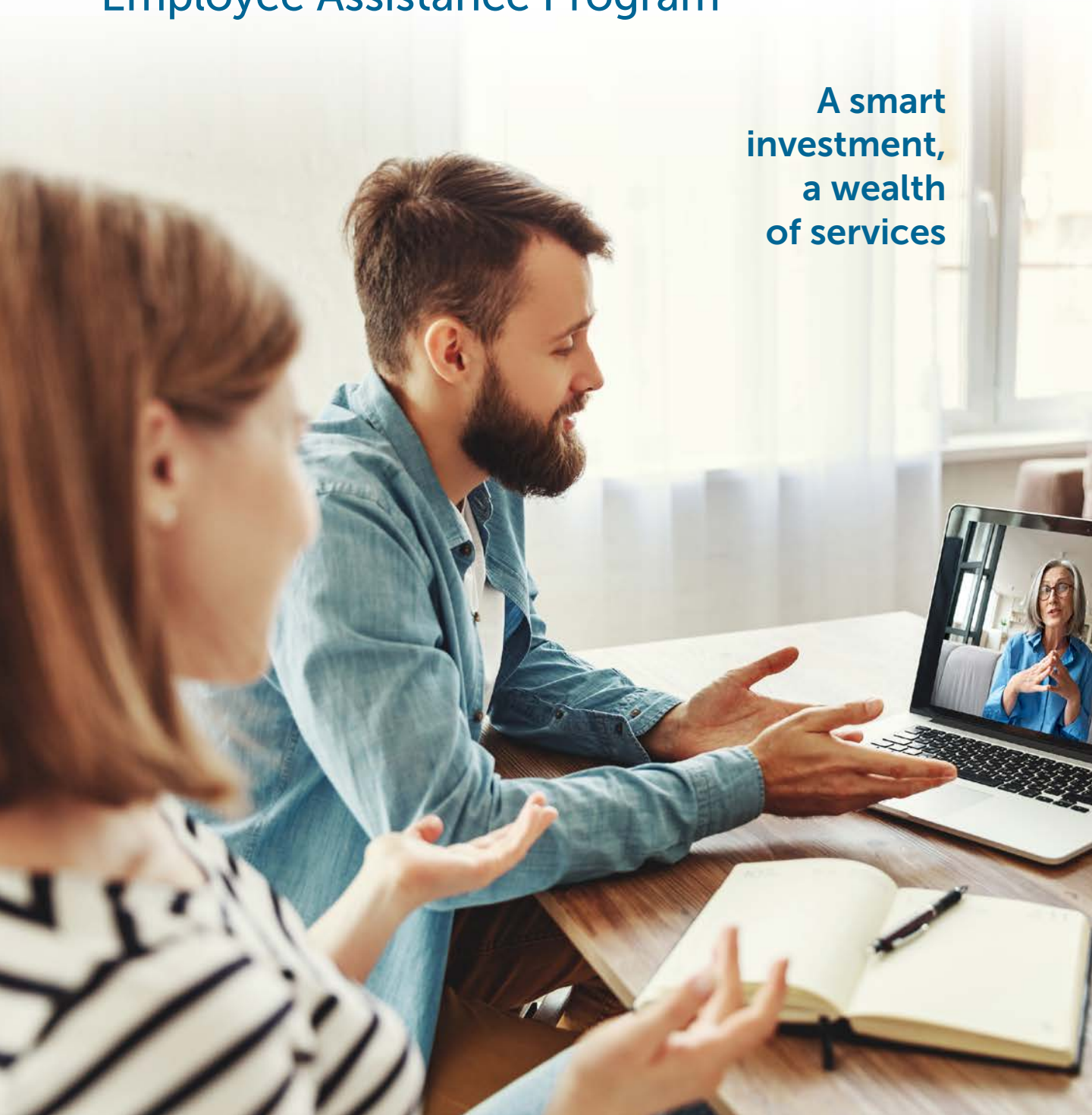


ASSISTNOW[®]

Employee Assistance Program

A smart
investment,
a wealth
of services



Insurance & Investments
Simple. Fast. Easy.[®]



The HumanaCare difference

Empire Life is delighted to bring you AssistNow in collaboration with HumanaCare. Founded in 1978, HumanaCare has taken over 40 years of industry best practices and created an all-new service dedicated to helping Canadian businesses excel through the power of their people.

We chose HumanaCare for their:

- Commitment to customer service and quality
- Innovative spirit
- Depth and breadth of experience—across all industries—in the assessment and treatment of people with addictions, mental health issues, and disabilities
- Focus on small business and a personal touch, similar to our own
- Reputation for transparency

And thanks to their powerful EAP management software and proprietary systems, HumanaCare is able to keep costs down, enabling AssistNow to be offered at a highly affordable price.

AssistNow EAP delivered by HumanaCare





We all have our ups and downs in life

When all is well in our world, we bring energy, creativity, and focus to our work. And it's this energy and passion that drive the business forward.

When challenges in our personal or work lives cause anxiety, we can be preoccupied and less effective. Financial trouble, a loved one's illness, problems with a child, spouse, or co-worker—any one of these can tip the balance from healthy stress to unhealthy distress.

In a small team, one person's pain can affect the entire business. The AssistNow Employee Assistance Program provides reliable help, quickly, in times of trouble.

An Employee Assistance Program can help

AssistNow's confidential, toll-free response centre is open 24/7:

- Professional counsellors answer every call.
- Help is available in over 150 languages.
- All across Canada, employees have the choice of face-to-face counselling, telephone counselling, or web-based consultation.

The result? People get the help they need when and where they need it, in the language of their choice.

When we feel supported and are getting the help we need, we're able to focus our energy and creativity on work—and contribute to business success.





A smart investment, a wealth of expert assistance

Confidential counselling is key, but there's a whole lot more to the AssistNow EAP.

For employees, AssistNow provides:

- Legal and financial consultation
- Life coaching
- Childcare and eldercare referral services
- Health coaching
- Aware mindfulness program
- OnCallogic cancer support
- A work-life and wellness web portal—reliable health information, training, self-assessments, 24/7 e-coaching, and more

For executives and people leaders, AssistNow provides:

- Consultation to help manage challenging employer-employee issues and confidence
- A monitored referral service to help people with addictions, or other issues affecting their performance, get back on track
- Information on hot topics, to help leaders stay current
- A trauma response service, to help respond to a critical incident in the work place and minimize harm and loss of productivity

A key component of any benefits plan, AssistNow delivers powerful support, quickly, whenever it's needed. All in one affordable program

The Empire Life Insurance Company

259 King Street East,
Kingston, ON K7L 3A8

The Empire Life Insurance Company (Empire Life) is a proud Canadian company that has been in business since 1923. We offer individual and group life and health insurance, investment and retirement products, including mutual funds through our wholly-owned subsidiary Empire Life Investments Inc.

Our mission is to make it simple, fast and easy for Canadians to get the products and services they need to build wealth, generate income, and achieve financial security.

Follow us on social media @EmpireLife or visit empire.ca for more information, including current ratings and financial results.

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