



- **What is HMS and when is it available?**

HMS is an integrated counseling and referral service specializing in Employee Assistance Programs (EAP) and Work/Life issues available twenty-four hours a day.

HMS is designed to help you lead a happier and more productive life at home and at work. All of us have experienced some type of personal problem, concern or emotional crisis at one time or another. Balancing the needs of work, family and personal responsibilities isn't always easy.

- **What does it do and how much does it cost?**

HMS provides a professional counselor to listen and 1) help define the problem clearly, 2) assess the type of help needed, 3) either provide the required help or make the most appropriate, cost-effective referral for you. This is a benefit provided to you by your employer and costs you absolutely nothing. ..Your only investment is your time.

- **Who can use it? How does it work?**

This service is available to employees, and their eligible dependents. Simply pick up the phone and dial 1-800-343-2186 (toll-free) and speak to a counselor or visit HMS online at [www.hmsincorp.com](http://www.hmsincorp.com) to access EAP or Work/Life services.

- **What about confidentiality?**

Personally identifiable information relative to your discussions with an HMS counselor or work/life representative will not be revealed to anyone without your specific written permission or as otherwise permitted by law. Your contact with HMS is strictly confidential and is covered under the Federal Privacy Act of 1988.

Visit HMS at  
[www.hmsincorp.com](http://www.hmsincorp.com)  
1-800-343-2186

**Username:**

**Password:**

**REASONS TO CALL HMS**

- Temporary Set Backs in Life
- Stress
- Marital or Family Problems
- Divorce/Separation
- Parenting
- Emotional Issues
- Child Care Issues
- Elder Care Issues
- Legal
- Financial
- Depression
- Interpersonal Conflicts
- Substance Abuse
- Anger
- Grief and Loss

**A professional counselor is available to provide fast, confidential service 24 hours a day**

**at:**  
**1-800-343-2186.**