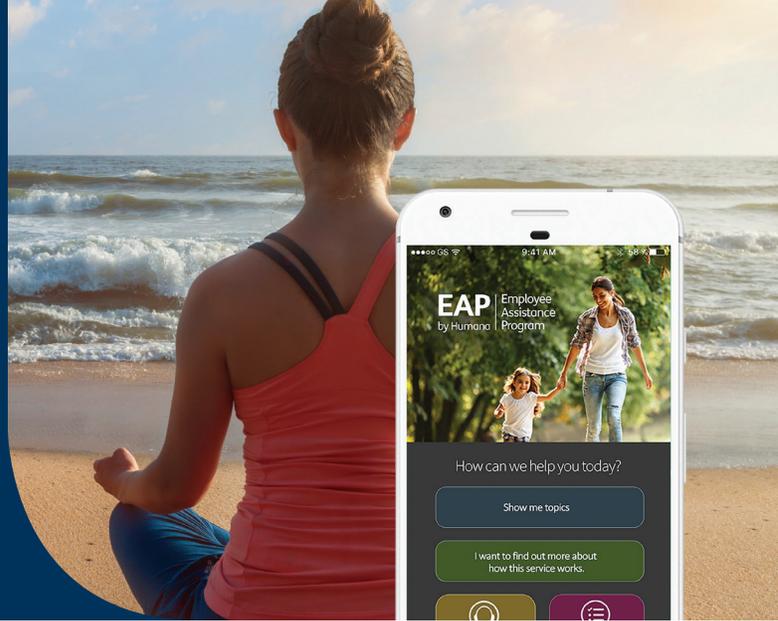


Say hello to the all new EAP app

Enjoy on-the-go access to all your EAP resources.



With the EAP by Humana app, you can connect quickly and easily to all your EAP resources, tools, and our new Connection Hub. Download the EAP app from the Apple Store or Google Play and you'll have instant access to EAP whenever you need it, wherever you are.

Connect with an EAP Professional

- Interact with a mental health expert when it's convenient for you, from your smartphone.

Find local resources

- Get the help you or your household members need, in your community or close to work.

Explore well-being topics

- Find helpful information on career and work, family and relationships, health and well-being any time you need it, anywhere you are.

Use the Connection Hub

- Connect with three new well-being experiences — Talkspace, Stop, Breathe and Think, or the Five Minute Journal – wherever you are and when you're ready.



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