

Postdoctoral Scholars Assistance Program

Helping you manage life's challenges

The Horizon Health Postdoctoral Scholars Assistance Program (EAP) offers support, guidance and resources that can help you resolve personal issues and meet life's challenges. This service is provided at no additional cost to you by Leland Stanford Junior University, in connection with your Group Long Term Disability coverage from The Standard.

The Horizon Health EAP can help you with all of the following:

- Child care and elder care
- Alcohol and drug abuse
- Life improvement
- Difficulties in relationships
- Stress and anxiety with work or family
- Depression
- Personal achievement
- Emotional well-being
- Financial and legal concerns
- Grief and loss
- Identity theft and fraud resolution

The program is available 24 hours a day, every day, to you and members of your household. You'll receive up to three face-to-face counseling sessions per issue.

WorkLife Services

WorkLife services can save you countless hours by researching and providing referrals for important issues such as:

- Child care and elder care
- Education
- Adoption
- Pet care
- Daily living
- Travel

Confidential Advice

Your calls and all counseling services are completely confidential. Information will be released only with your permission or as required by law.

This EAP service is provided through an arrangement with Horizon Behavioral Services, Inc., which is not affiliated with The Standard. The EAP service is not an insurance product.

The Standard is a marketing name for StanCorp Financial Group, Inc. and subsidiaries. Insurance products are offered by Standard Insurance Company of Portland, Ore. in all states except New York, where insurance products are offered by The Standard Life Insurance Company of New York of White Plains, N.Y.



How to contact

Call 888.293.6948 or visit www.horizoncarelink.com. Horizon Health EAP is always ready to assist you. We've also provided a handy reference card for your wallet.

HorizonCareLinkSM

1. Enter this address in your Web browser: www.horizoncarelink.com
2. Enter **standard** as the login ID (in all lowercase letters) when prompted.
3. Enter **eap4u** as the password (in all lowercase letters) when prompted.

Note: It is a violation of your university's contract to share this information with individuals who are not eligible for this service.

Horizon Health EAP for policyholders of The Standard

Call this toll-free number for access to Horizon Health EAP services.

888.293.6948

TDD 866.846.5949

Available 24 hours a day, 365 days a year.

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