

If you've been affected by the wildfires in California, HealthAdvocate can help.

August 21—Active wildfires in northern California have forced thousands to evacuate and destroyed countless homes, businesses, and acres of land.

If you or a family member has been affected by the wildfires or is dealing with displacement or damage to your home, HealthAdvocate is here to help with information and support. Call anytime, 24/7, to talk with a caring, professional consultant who can:

- Help you and your family stay safe and deal with feelings of anxiety, grief, and loss
- Identify local and national resources that can help
- Cope with disruptions to transportation, child care, or elder care
- Find expert resources to help you handle legal, financial, and insurance issues

**Toll-free 24/7 access:
Call HealthAdvocate at 800-854-1446 (Multi-Lingual)**

You can also access a number of helpful resources on our website, including:

- CA Statewide Wildfire Recovery Resource Site
- Emotional support resources
- Tips on recovering from traumatic events
- CAL FIRE Incident Information Map
- Evacuation Readiness Guide
- Wildfire readiness resources
- Frequently asked questions

Visit: www.unum.com/lifebalance

To access helpful resources and information:

- 1) Click on the "Access Your EAP Benefits" button to get to the HealthAdvocate website.
- 2) Scroll down and click on the "Resources" tile.
- 3) Click on "California Wildfires" under the "Disaster Preparedness" tile.

