



Frequently Asked Questions

What is my HumanaCare EFAP?

Your EFAP is a sponsored benefit. With the support of Grande Yellowhead School Division, we provide professional assistance to assist you in dealing with personal difficulties.

Who provides these services?

HumanaCare has an extensive network of registered psychologists to effectively address a broad array of issues.

Who can use the program?

Any employee, spouse or eligible dependant.

In what areas do you provide counseling?

Our expertise spans across all psychological and emotional health fields. Some common areas of counseling include:

- Marital and Relationship
- Depression
- Family Planning
- Stress and Anxiety
- Substance abuse
- And many more....

How does this benefit relate to my Alberta School Employee Benefit Plan?

It's really simple! ASEBP will cover 12 sessions in a calendar year. After every session you attend, you fill out an ASEBP form and we file the claim on your behalf.

What if I want to seek assistance online?

That's no problem! We have a wealth of resources available for you to access at any time. Simply go to www.Humanalife.ca and login. If you are a new user, please follow the below instructions.

New Users:

1. Go to www.Humanalife.ca
2. Click "New to Humanalife"
3. Enter your name, email and password
4. Access Key: "yellowhead"

HumanaCare

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