



MetLife

| Employee Assistance Program



Call your Employee Assistance Program today. No cost, confidential solutions to life's challenges.

Your MetLife Employee Assistance Program (EAP), Thrive, offers someone to talk to and resources to consult whenever and wherever you need them, for up to **3 sessions** per issue per year.

Confidential Emotional Support:

Our highly trained clinicians will listen to your concerns and help you and your dependent family members with any issue, including:



Anxiety,
depression, stress



Grief, loss, life
adjustments



Family and
parenting



Relationship or
partner conflicts



And many
more

You can rest assured that **your call is handled in complete anonymity**. You can choose to not disclose your personal information or identity when you call, and everything you say in your counseling session is strictly between you and your counselor.

Navigating life together

Legal Guidance:

Talk to a local legal expert for practical assistance with your pressing issues. Our experts offer a free half-hour consultation per issue per year on almost any legal topic, including:



Divorce, adoption,
family law



Wills and
trusts



Landlord and tenant
issues, and more

Financial Information:

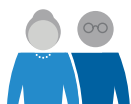
Our financial experts can assist with a wide range of issues. They offer a free half-hour consultation per issue per year for:



Taxes



Relocation and
mortgages



Retirement planning



Budgeting, debt,
bankruptcy, and more



Contact your Thrive counselor today:

- United Arab Emirates: 800-032-0510
- Qatar: 00800-100-071
- Oman: 800-77634
- Bahrain: 800-19-902
- Kuwait: 2-206-9131

Upon your call, you will be asked to provide an **Access Code:**

Here when you need us

With over 150 years of helping generations of customers to protect their finances, family and future, we're a trusted partner for over 100 million customers around the world. But for us, it's never been enough just to sell somebody an insurance policy. We have always looked for ways to help people live better, healthier lives and are committed to creating value for the world at large.

We've been in the Gulf for nearly 65 years. As a pioneer of life and medical insurance and a leading provider of innovative employee benefits, we aim to help our customers and partners navigate whatever changes life may bring. In 2016, MetLife was the winner of the Employee Benefits Provider in the Gulf by MENA IR and won for the third year running the Life Insurance Company of the Year in the Middle East & Africa at the Middle East Insurance Industry Awards (MIIA).