

# Your Employee Assistance Program: Your Life's Journey – Made Easier

## Your Employee Assistance Program (EAP)

- A pre-paid benefit
- Confidential—individual information is not reported back to your employer
- Available to all your household members and dependents
- Easy to reach through your toll-free number or online
- Available 24 hours a day/7 days a week

## Common reasons people use EAP services

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| <ul style="list-style-type: none"> <li>• Manage stress</li> <li>• Enrich relationships</li> <li>• Support a healthy lifestyle</li> <li>• Work conflict</li> <li>• Build coping skills</li> <li>• Anger management</li> <li>• Tobacco/nicotine cessation</li> <li>• Enhance problem-solving skills</li> </ul> | <ul style="list-style-type: none"> <li>• Improve sleep</li> <li>• Build a support system</li> <li>• Boost emotional health</li> <li>• Better balance work and life</li> <li>• Alcohol or substance use concerns</li> <li>• Child and elder care resources</li> <li>• Enhance parenting skills</li> <li>• Time management resources</li> </ul> |
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## What can I expect when I call the EAP?

- Toll-free accessibility
- Confidential assistance with all life areas:
  - Parenting
  - Work-life balance
  - Communication
  - Healthy living
  - Professional growth
  - Healthy aging
  - Stress and anxiety
- Confidential telephonic consultation and referrals
  - Counseling/coaching

## What can I expect when I visit the website?

Program tiles make for easy access to information 24 hours a day, seven days a week!

- Provider search
- Live chat
- Program information
- Monthly newsletter and live webinar
- Learning center
  - Emotional health and wellness content including articles, videos, assessments
  - Videos, podcasts and webinar recordings
- Convenient links to download mobile apps
- Digital care programs

## Work-life

Online you'll find a variety of resources and information to help you manage work and life, such as

- ✓ Parenting
- ✓ Finance/legal
- ✓ Health and wellness
- ✓ House and home
- ✓ Travel
- ✓ Pet ownership
- ✓ Education
- ✓ Career
- ✓ LifeMart discount center (offering hundreds of discounted services for you and your family)

**Don't have time to search online?** Call your 800 number to access convenience services, which offers you pre-screened, qualified referrals to providers, resources, and educational materials. You'll get personalized assistance finding services, such as:

- Home or car
  - Repair services
  - Home improvement
- Relocation assistance
  - Mortgage brokers
  - Moving companies
- Education
  - Private/public schools
  - Colleges/universities
- Parenting
  - Adoption
  - Child care
  - Summer camps
- Seniors
  - Elder care

## Legal and financial

### Legal assistance

Free consultation on the phone or in person (up to 60-minutes)

Discounted fees for services needed after the initial consultation

Online tools, education and resources for help with:

- ✓ Debt and credit
- ✓ Divorce
- ✓ Real estate
- ✓ Taxes and audits
- ✓ Trusts
- ✓ Wills

### Financial coaching

Two free telephone consultations (up to 30-minutes each)

Discounted fees if you elect to continue working with a financial coach beyond initial consultations

Online tools, education and resources for help with:

- ✓ Budget planning
- ✓ Debt and credit
- ✓ College and retirement planning
- ✓ Taxes and audits
- ✓ Loan and mortgage assistance

### Identity theft resolution

- ✓ Free telephone consultation (up to 60-minutes)
- ✓ Fraud Resolution Specialist™
- ✓ Listens to issues, answers questions
- ✓ and gives directions and tools to help resolve your situation
- ✓ Free ID Theft Emergency Response Kit<sup>SM</sup>

### Video resources:

Employee Orientation: <https://youtu.be/-49B33UYmTg>

Legal and Financial Services: <https://youtu.be/aujLvcJnd2s>

Work-life Services: <https://youtu.be/dOglUWZvfHw>