

# Your Employee Assistance Program

## Your Employee Assistance Program (EAP)

- No cost
- Confidential—individual information is not reported back to your employer
- Available to you and your household members
- 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

- Manage stress
- Enrich relationships
- Support a healthy lifestyle
- Work conflict
- Build coping skills
- Anger management
- Enhance problem-solving skills
- Setting goals
- Improve sleep
- Build a support system
- Boost emotional health
- Better balance work and life
- Alcohol or substance use concerns
- Child and elder care resources
- Enhance parenting skills
- Time management resources

## 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 consultation and referrals
  - 3 in-person session per year

## Digital emotional wellbeing program

- Complete activities such as breathing exercises, meditation, yoga or journaling.
- Track mood, sleep, stress and pain, and see your progress.
- Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression.
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

## Confidential telephonic consultation and referrals

- Counseling – Access services in person or via four virtual modalities
  - Text
  - Live phone
  - Live video
  - Live chat

## Work-Life Services

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)

## Website

Makes it easy access to get information 24 hours a day, seven days a week!

- Provider search
- Live chat
- Program information
- Monthly newsletter and live webinar
- Health and wellness information
  - Emotional health and wellness content including articles, videos, assessments
  - Videos, podcasts, and webinar recordings

## Life enrichment

### Financial enrichment

- 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

**Legal services**

- 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

**Identity theft resolution**

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

\*Your benefits may differ based on your individual program services.