



# EAP Services

Welcome to your **Employee Assistance Program (EAP)**. By accessing its information, resources and referrals, you can find the support you need to become your best—in all facets of life. Your member portal and app provide access to information and resources, including many expanded services, such as health and lifestyle assessments, soft skills courses and a discount marketplace. Services are free, confidential and available to you and your family members. When you use your EAP, everyone benefits. We have stronger employees, families, workplaces and communities. **We're here for you: 24/7/365.**

Here's a closer look at your benefits:

## Short-Term Counseling

**Up to 4 sessions per issue to help you:**

- Alleviate emotional stress
- Enhance interpersonal relationships
- Tackle family/parenting challenges
- Deal with substance misuse
- Manage strong feelings
- Build on personal strengths
- Navigate life transitions
- Work through grief and loss

## Life Coaching

**Up to 4 sessions per year to help you:**

- Define your goals and plan a strategy
- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands

## Work-Life Benefit

**Unlimited consultations and referrals for:**

- Childcare
- Adoption
- Elder care
- Dependent care
- K-12 & higher education resources
- Medical Advocacy
- Personal Assistant

## Legal Benefit

**One session per issue:**

- Bankruptcy, foreclosure
- Home sale/purchase or lease agreement
- Separation or divorce
- Adoption
- Child custody/child support
- Free simple will
- Traffic, civil or criminal matters
- Elder law
- Legal document review
- Simple dispute resolution

## Financial Benefit

**One consultation per issue:**

- Manage expenses and debt
- Prepare a realistic budget
- Deal with tax-related questions
- Plan for retirement
- Identity theft solutions
- Invest in a college education
- Student loan coaching
- Home purchase education
- Credit report review