



TOP THINGS TO KNOW ABOUT YOUR EAP BENEFITS

WHAT IS AN EAP?

We are a part of the benefits package offered to employees to provide short term solution focused, Work/Life benefits.

WHO CAN USE?

Yourself, and anybody who resides in your household.

WHAT ARE THE HOURS?

We offer support 24/7/365

CONTACT



Company Code:

WHAT WE OFFER

We offer many resources including, but not limited to:



MENTAL HEALTH COUNSELING

Up to _____ per person, per life issue, per year



LIFE COACHING

A preventative solution to strengthen skill sets



PERSONAL ASSISTANT

Non-transaction concierge services



ENHANCED WORK/LIFE WEB TOOLS - MY LIFE EXPERT



FINANCIAL /LEGAL RESOURCE & REFERRAL



MEDICAL ADVOCACY

What if I am already seeing a counselor?

Your EAP is intended to provide life support and utilizes short-term, solution focused strategies to help you maximize your time and resources. If you are already seeing a long-term counselor through your behavioral health plan and that is part of your long-term strategy, you should continue to do so!

What if I have never seen a counselor?

Your EAP provides services in a comfortable setting, without utilizing insurance. This means that you can contact us for any issue that causes you stress or distress, and we will provide support, without engaging in the diagnostic process – so that all life issues can be supported effectively. To get started, just give us a call!

Is the service confidential?

ABSOLUTELY! Our EAP services adhere to federal and state guidelines regarding confidentiality and are HIPAA compliant. No information will be released with your express, written consent.

Is there a cost or co-pay?

No. Your EAP offers up to _____ EAP visits, per person, per life issue. These visits are not subject to cost, or co-pay to you.