

# EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

## PHYSICAL AND EMOTIONAL HEALTH

Eating better, exercising more, and feeling happier are worthy goals no matter what time of year people choose to start. EAP offers physical and emotional programs that allow employees to set daily goals and track their progress through the website, mobile app, and integration with fitness trackers. Taking small steps leads to big change.

### Physical and Emotional Health Programs offer:

- Activities and team challenges to help stay on track and manage emotional and physical health.
- Help and motivation from health coaches and peers.
- Expert articles and content about nutrition, fitness, and more.
- Monthly health and wellbeing webinars to learn about different ways to stay healthy.

### Achieving personal goals can be easier with help and support from others.

**Have fun getting fit:** Get involved in fitness activities designed to help feel better, lose weight, and access online tools and information.

**Talk openly with health coaches:** Experts answer questions and provide motivation.

**Connect with peers:** Chat with other individuals who are taking charge of their health too.

**Use anytime, anywhere:** Access EAP any time, day or night, from the EAP website or your mobile phone.

