

# EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

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Your Employee Assistance Program (EAP) offers you, and your eligible family members, confidential, no-cost assistance anytime you need it, seven days a week.

## Program Resources:

- Care Connection.
- Child and Elder Care.
- Education and Career Development.
- Health and Wellbeing Programs.
- Identity Theft Recovery.
- Legal and Financial Consultations.
- LifeMart Discount Center.
- Live Chat.
- Personal Counseling.
- Telephonic EAP Coaching.
- Web-based Confidential Care.

## Reasons to use the EAP:

- Improve your work-life satisfaction.
- Manage stress and anxiety.
- Explore options to pay down debt.
- Cope with the loss of a loved one.
- Find child or elder care resources.
- Expand your knowledge on a variety of health and wellbeing topics.
- Help manage a diet or weight loss program.
- Learn about thousands of discounts on day-to-day items.

