

## Employee Assistance Program Overview

*Confidential service provided at no cost by a third party*

<b>Counseling</b>	5 sessions, per issue, per 12-month period, in-person or virtually (text, chat, video and/or phone)
	Personal/family issues, substance abuse, anger management and emotional problems that impact health, well-being and job performance
	Will coordinate with medical benefits when possible
<b>Lifestyle Coaching</b>	Access to the same coach, at regularly scheduled intervals, via phone or videoconference. Up to 6 sessions per year
	Short-term, goal-oriented coaching model
	Work stress, improving relationships, mild substance abuse, not getting enough sleep, weight loss and mild mood issues
<b>Work-Life Services</b>	Web resources with access to Child Care and Elder Care provider search tools
	Educational resources for: Child Care & Parenting; Pregnancy & Adoption; Adult Care & Aging; Education; Daily Life Issues; Relocation Services and more
	Online articles, educational guides, checklists, webinars and podcasts
<b>Legal Services</b>	60-minute consultation per issue, per year with an attorney or mediation expert, via phone or in-person; discounted fee for continued services
	Free online resource library including access to pre-packaged discounted legal document preparation
	Custody/divorce, real estate, taxes and audits, trusts and wills
<b>Financial Wellness</b>	Three 30-minute consultations with a Money Coach via phone; discounted fee for continued services
	Online tools and resources
	Budget planning, debt and credit, college and retirement, loans and mortgage
<b>Identity Theft Resolution</b>	60-minute consultation via phone with Fraud Resolution Specialist
	Free ID Theft Emergency Response Kit
<b>Additional Online Resources</b>	Live Chat – available M-F from 7:00 am - 5:30 pm CT
	BetterHelp Virtual Therapy
	Neuroflow Digital Emotional Wellbeing Program
	LifeMart Discount Center
	Access articles, pre-recorded training webinars and links to community resources
<b>Workplace Support</b>	Management consultations
	On-site critical incident support (fees may apply*)
	In-person or live webinar training opportunities (fees may apply*)

*\*Per contract, 25 hours/year shared between training and critical incidents*

**Who is eligible?** Full- and Part-time Employees, Employee's Spouse, Domestic Partner, Dependent Children (including students away at school) and all other Household Members (roommate, in-laws, boyfriend/girlfriend, etc)