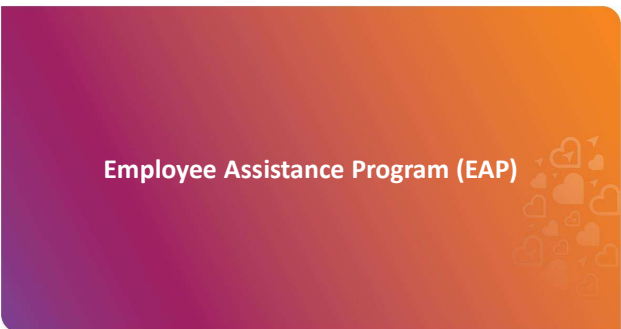



Caring for you in all ways. Always.

Employee Orientation to EAP: Life & Work Services



Employee Assistance Program (EAP)





What is an Employee Assistance Program?

An employee benefit program that assists employees and covered members with personal problems and/or work-related problems that may impact their job performance, health, mental and emotional well-being.

Guidance	Help	Assistance	Support
Tips	Advice	Voluntary	Confidential








Health Advocate helps the whole family:


- Employees
- Spouses/Partners
- Dependent Children up to age 26
- Parents
- Parents-in-law

Available
24/7/365

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Confidential support for mental health concerns



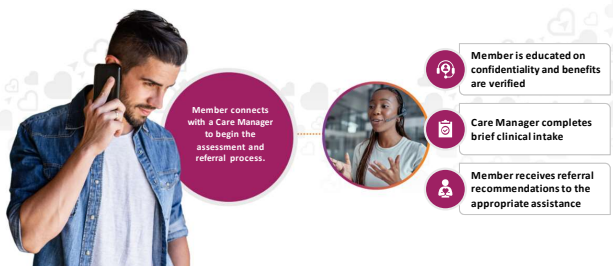
- Stress
- Relationships
- Anxiety
- Burnout
- Depression
- Coping
- Marriage
- Substance abuse & addiction
- Family & parenting
- Grief & loss


You can call Health Advocate 24/7 for guidance and resources.
 If you are in imminent danger, call 911


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Member's clinical experience with the EAP




 Member is educated on confidentiality and benefits are verified


 Care Manager completes brief clinical intake

 Member receives referral recommendations to the appropriate assistance


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Anytime, anywhere support



**In-the-Moment
Telephone
Support**




**Virtual
Support**




**Face-to-Face
Sessions**


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Virtual mental health support, anywhere

Powered by:







Member logs on to the Health Advocate member website/app



Completes a virtual assessment



Reviews and chooses a provider based on their specific needs from a national therapy network



Schedules their own appointment

All information will be kept confidential within a HIPAA-secure platform

30%
lower
attrition

4.92/5
satisfaction
rate

Access to a
provider within
1 day

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Life & Work

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What is Life & Work support?

The go-to resource for life's day-to-day challenges.
Life & Work Specialists can help you by providing research and referrals on important issues.
This helps balance work/life demands while improving your productivity and decreasing absences.
Helping you feel supported and able to perform your best, 24/7.

Childcare Services

Legal Experts

Eldercare Services

Financial Experts

Research

Support

Referrals

Resources

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Legal Services

- Criminal law
- General/civil law
- Domestic/family law
- Elder law
- Separation/Divorce
- Real estate
- Tax and IRS matters
- Motor vehicle law
- Estate planning
- Child custody

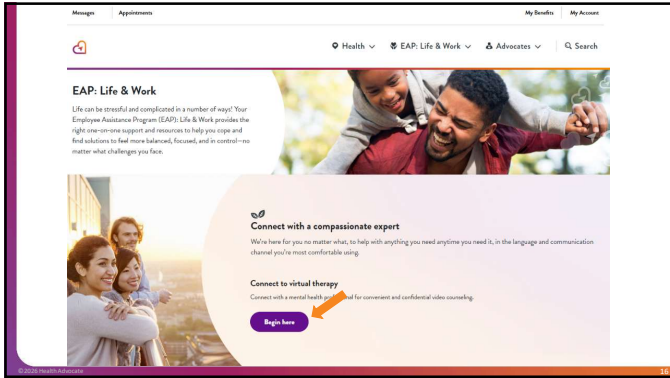
Financial Services

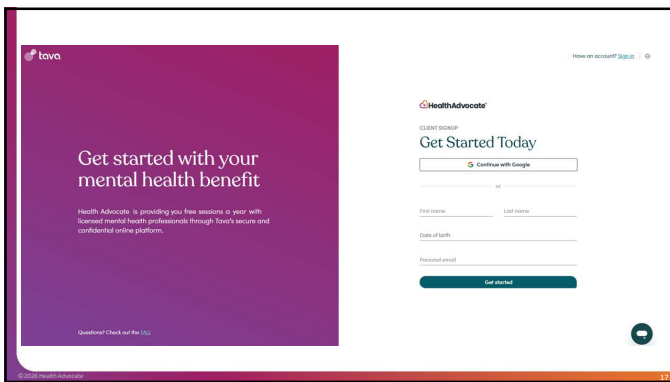
- Credit management
- Debt counseling
- Budgeting
- Restoring credit
- Identity theft
- Home refinancing
- Student loans
- Retirement planning
- Divorce

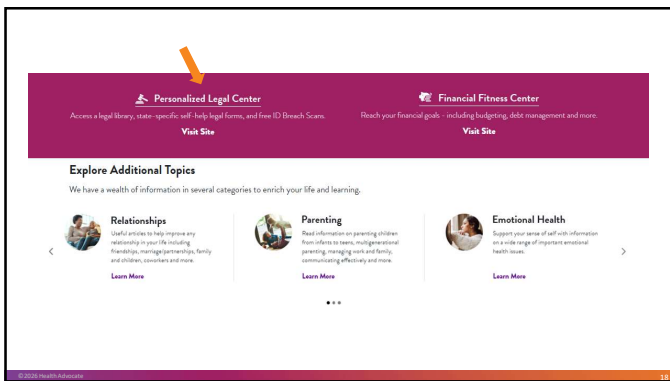
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Online Website

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WELCOME TO YOUR LEGAL AND IDENTITY THEFT RESOURCE CENTER!

This resource center is designed to provide general information and tools regarding legal matters. It is not meant to replace the counsel and advice of licensed professionals for your specific matter.




ATTORNEYS

Member law firms within your local community are available to assist you with legal representation.




MEDIATORS

Qualified mediators within your local community are available to assist you with conflict management with another party.




LEGAL FORMS



LEGAL LIBRARY


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Personalized Legal Center

Access a legal library, state-specific self-help legal forms, and free ID Breach Scans.

[Visit Site](#)




Financial Fitness Center

Reach your financial goals - including budgeting, debt management and more.

[Visit Site](#)

Explore Additional Topics


We have a wealth of information in several categories to enrich your life and learning.



Relationships

Useful articles to help improve any relationship in your life, including friendships, marriage/partnerships, family and children, co-workers and more.


[Learn More](#)



Parenting

Read information on parenting abilities from others to learn, multi-generational parenting, managing work and family, communicating effectively and more.

[Learn More](#)




Emotional Health

Support your sense of self with information on a wide range of important emotional health issues.


[Learn More](#)

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Financial Fitness CENTER



Financial Fitness CHECKUP



Savings & Investment



Personal Finance

Join the over **4 million Americans** who leverage the Financial Fitness Group's **content, technology and tools** to help learn more about how to **make the most of their money**.

Simple Plan: If you're like most people, it can be hard to make sense of your personal finances. In fact, **77% of Americans** say they are living paycheck to paycheck, experiencing moderate to severe financial stress, and would like to improve their financial well-being.

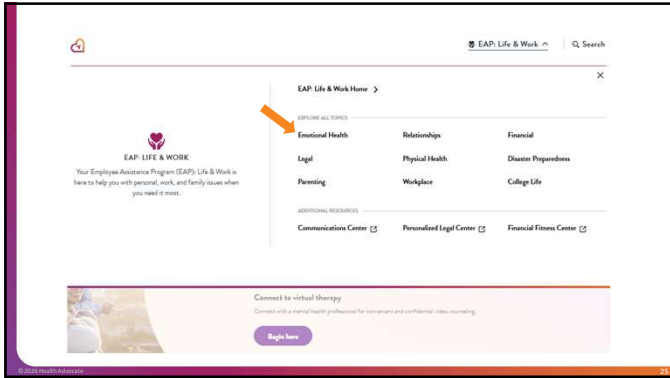
Simple: Improving your financial fitness doesn't need to be difficult. **Complete a short 10 minute checkup** to receive your Financial Fitness SCORE™ today.

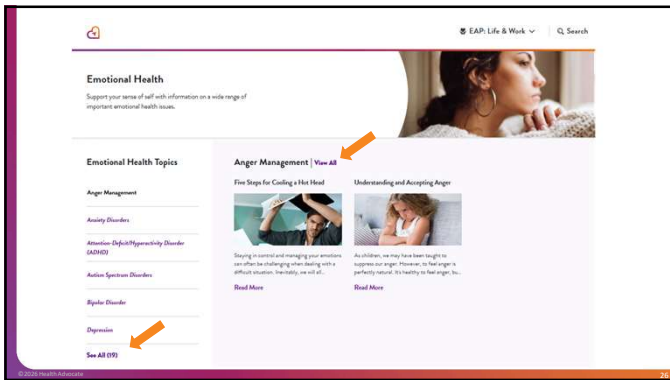
Subsidies: Plus, the **Financial Fitness CENTER** includes **200 interactive tutorials** to help you get instant, unbiased answers to all your common questions about money!

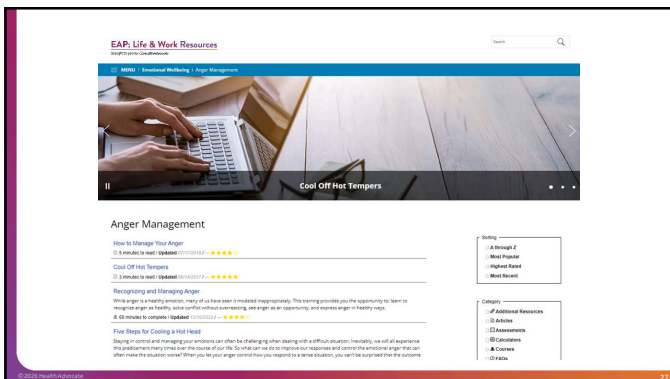
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7







Learning Resources
Below are current highlights of all the resources available to you. | [My Trainings](#)

Webinars

Personal and Professional Growth
Access dozens of pre-recorded, on-demand webinars. Each month we host a new on-demand, expert-led talk.

[View All](#)

Assessments

Emotional and Physical Health
Take emotional and physical health assessments. Get insights into your risk levels and actionable steps to take.

[View All](#)

Courses

Personal and Professional Development
Choose from dozens of self-paced courses on a variety of personal growth and professional development topics.

[View All](#)

Webinars
On demand, expert-led talks.

Featured This Month

- May: The Science of Happiness
- Webinar for bringing more happiness to your personal and professional life.

Upcoming webinars

- June: PTSD: Let's Get It Right
- Webinar for the military: Common signs & how to get help, understand, understand, self-care and treatment.
- July: Planning Retirement in Your 20s and 30s
- Webinar for a closer look at what you can do now for a satisfying retirement.
- August: Engaging Diversity in the Workplace
- Webinar will offer a unique in some ways in their career due to a unique perspective.

Family Life

- Strategies to Health: Engage in a healthy New Year
- Addressing the Elephant in the Room: Grief, Stress and Family Grieving
- Self-Care: Behavioral Patterns Affect Your Life and Work

[View More](#)

Personal Development

- Search for Inspiration
- Get Down: Motivation and Resilience Guide
- Clear Your Vision: A Comprehensive Guide

[View More](#)

Finances

- Budgeting Basics: Financial Wellness is a Better Result!

[View More](#)

Professional Development

- Achieving Personal Goals
- Building a Life of Gratitude
- Developing a Resilient Family

[View More](#)

Trainings
Personal and professional development training courses.

Finances

- Budgeting For Life
- How to Start Saving for Retirement
- Investing Basics

[View More](#)

Personal Development

- Achieving Personal Goals
- Building a Life of Gratitude
- Developing a Resilient Family

[View More](#)

Health and Wellness

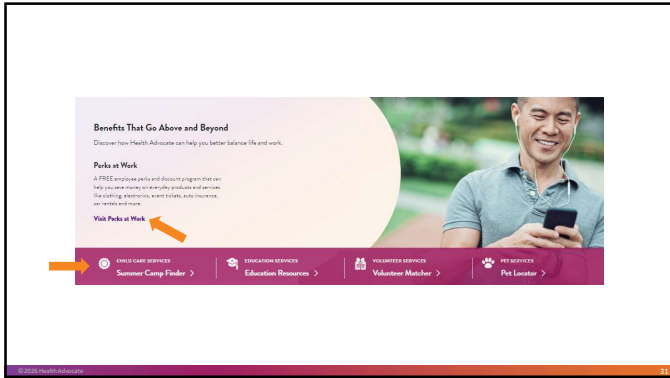
- A Better Night's Rest
- An Introduction to Mindfulness
- Digital Wellness

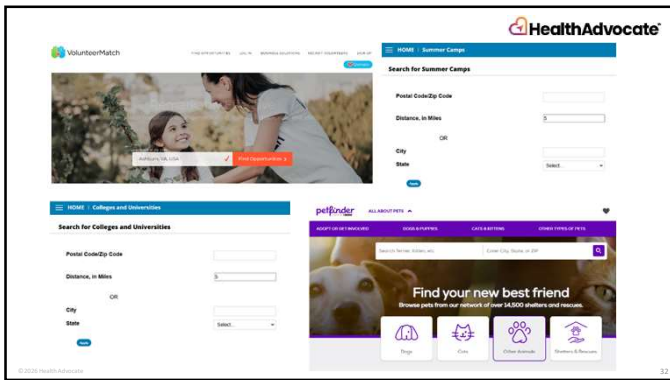
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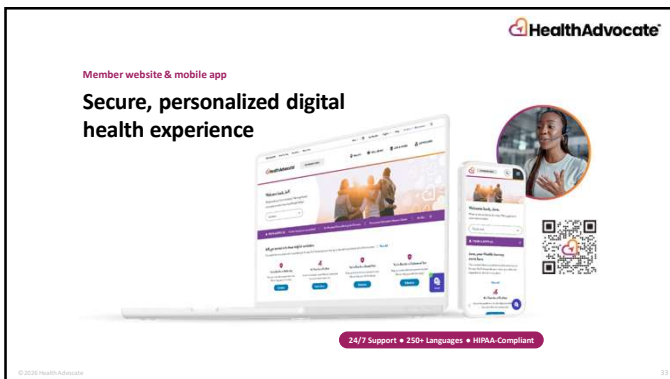
Professional Development


- Applying Leadership Basics
- Appreciating Personal Differences
- Balancing Work and Family

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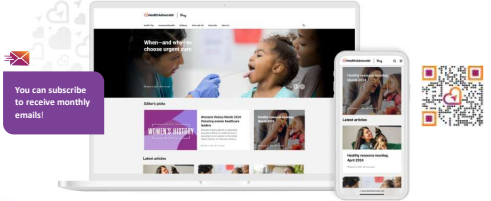




 **HealthAdvocate**

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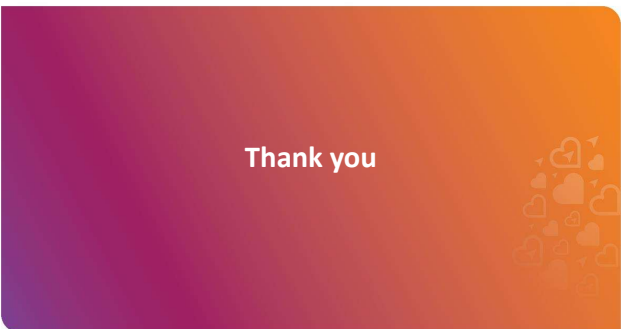
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