

# Your Employee Assistance Program

## Your Employee Assistance Program (EAP)

- No cost
- Confidential—individual information is not reported back to your employer
- Available to you and your household members
- Easy to reach through your toll-free number or online
- Available 24 hours a day/7 days a week

## Common reasons people use EAP services

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| <ul style="list-style-type: none"> <li>• Manage stress</li> <li>• Enrich relationships</li> <li>• Support a healthy lifestyle</li> <li>• Work conflict</li> <li>• Build coping skills</li> <li>• Anger management</li> <li>• Enhance problem-solving skills</li> <li>• Setting goals</li> </ul> | <ul style="list-style-type: none"> <li>• Improve sleep</li> <li>• Build a support system</li> <li>• Boost emotional health</li> <li>• Better balance work and life</li> <li>• Alcohol or substance use concerns</li> <li>• Child and elder care resources</li> <li>• Enhance parenting skills</li> <li>• Time management resources</li> </ul> |
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## What can I expect when I call the EAP?\*

- Toll-free accessibility
- Confidential assistance with all life areas:
  - Parenting
  - Work-life balance
  - Communication
  - Healthy living
  - Professional growth
  - Healthy aging
  - Stress and anxiety
- Confidential consultation and referrals

## Digital emotional wellbeing program

- Complete activities such as breathing exercises, meditation, yoga or journaling.
- Track mood, sleep, stress and pain, and see your progress.
- Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression.
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

## Confidential telephonic consultation and referrals

- Lifestyle coaching – Telephonic lifestyle coaching to help you reach your health and wellness goals
- Counseling – Access services in person or via four virtual modalities
  - Text
  - Live phone
  - Live video
  - Live chat

## Work-Life Web Services

Online you'll find a variety of resources and information to help you manage work and life, such as

- ✓ Parenting
- ✓ Finance/legal
- ✓ Health and wellness
- ✓ House and home
- ✓ Travel
- ✓ Pet ownership
- ✓ Education
- ✓ Career
- ✓ LifeMart discount center (offering hundreds of discounted services for you and your family)

**Don't have time to search online?** Call your 800 number to access convenience services, which offers you pre-screened, qualified referrals to providers, resources, and educational materials. You'll get personalized assistance finding services, such as:

- Home or car
  - Repair services
  - Home improvement
- Relocation assistance
  - Mortgage brokers
  - Moving companies
- Education
  - Private/public schools
  - Colleges/universities
- Parenting
  - Adoption
  - Childcare
  - Summer camps
- Seniors
  - Elder care

## Website

Program tiles make for easy access to information 24 hours a day, seven days a week!

- Provider search
- Live chat
- Program information
- Monthly newsletter and live webinar
- Learning center
  - Emotional health and wellness content including articles, videos, assessments
  - Videos, podcasts, and webinar recordings

## Life enrichment

### Financial enrichment

- Two free telephone consultations (up to 30-minutes each)
- Discounted fees if you elect to continue working with a financial coach beyond initial consultations
- Online tools, education, and resources for help with:
  - Budget planning
  - Debt and credit
  - College and retirement planning
  - Taxes and audits
  - Loan and mortgage assistance

### Legal services

- Free consultation on the phone or in person (up to 60-minutes)
- Discounted fees for services needed after the initial consultation
- Online tools, education, and resources for help with:
  - Debt and credit
  - Divorce
  - Real estate
  - Taxes and audits
  - Trusts
  - Wills

### Identity theft resolution

- Free telephone consultation (up to 60-minutes) with a Fraud Resolution Specialist™ (FRS)
- FRS listens to issues, answers questions and gives directions and tools to help resolve your situation
- Free ID Theft Emergency Response Kit<sup>SM</sup>

**Call your Employee Assistance Program at 1-800-327-0632 (TTY 711) or visit [Member.MagellanHealthcare.com](http://Member.MagellanHealthcare.com) to get started.**

\*Your benefits may differ based on your individual program services.