

EMPLOYEE ASSISTANCE PROGRAM (EAP) information. (also new number for 2020)

This year, if you or a family member find yourself going through a tough time, you can speak privately with a specialist 24/7 to help with everything from relationship concerns to trouble sleeping or stress. More good news? There's just one number to call for any question that comes up - our new number is below.

Through your **Employee Assistance Program (EAP)**, you can get up to eight counseling sessions per issue per year. Connect with caring support, as part of your HealthFlex benefits, for things like:

- * Stress, anxiety, depression
- * Workplace or relationship concerns
- * Finding the right therapist or psychiatrist for you
- * Child and eldercare support
- * Dependency issues, like alcohol, tobacco or drugs

Call EAP
1-866-881-6800, TTY 711

Available 24/7.

What to expect:

- No extra cost
- EAP services are included as part of your HealthFlex benefits.
- Confidentiality
- All services are confidential in accordance with the law*.
- Family support
- Connect with help for you and your covered family members.
- 24/7 online resources
- Get help balancing work and life on liveandworkwell.com using
- access code: HealthFlex