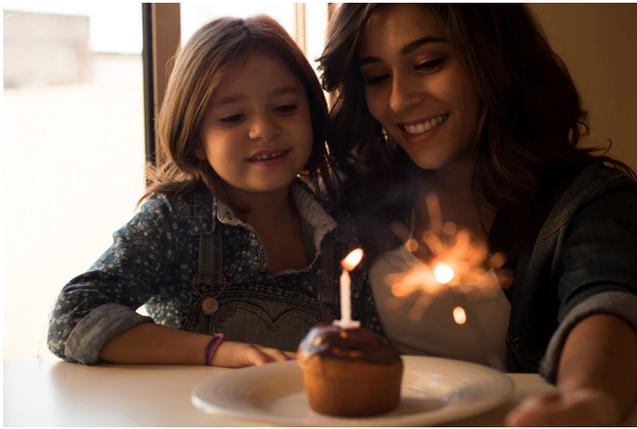


Employee Assistance Program (EAP)



Work/Life benefits

You and your family have access to your employee support program to help balance life's challenges. When you call the toll-free number, a consultant will respond to your request thoroughly and promptly. Online you'll find resources, articles, locators, links, and interactive tools.

Service overview

- Complementary to other employee benefits
- Accessed by phone, email, or website
- Available any time, any day
- Always confidential
- No cost to you or your family to use the service

Child care services

- Choosing child care
- Summer/holiday care
- Special needs child care
- State child care regulations

Parenting Services

- Family planning including infertility and adoption
- Pregnancy care
- Improving sibling relationships
- Single parenting and blended families

Education services

- Preschool options and K-12 information
- GED/vocational and continuing education information
- Learning disabilities
- Tutors and test preparation
- Education financing

Adult care services

- Care for older adults including home care, assisted living, nursing homes and special needs
- Home safety
- Navigating Medicare and Medicaid services
- Hospice information
- Transportation services
- Paying for care and caregiver support

Daily living services

- Travel and recreation
- Pet care
- Housing locator services
- Home improvement services
- Automotive services
- Relocation help
- Health and wellness

Career services

- Skill building and career training
- Interviewing techniques
- Stress management
- Transition and relocation