



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Employee Assistance Program (EAP) Monthly Email – January 2024

Mental Wellness and Resiliency

Please see the Carelon EAP attachment to learn about this month's topic and link to this month's Rewards for Wellness EAP webinar. Watch the webinar, complete the questionnaire, and earn \$25 in co-share credits* under the [2024-2025 Rewards for Wellness](#) program.



Anytime, any day, you and your household family members have free, confidential access to professional consultants and online

resources to help you be your best. Just call or log on to get started.

PHONE: 866-987-3705 | 401-429-2104

WEBSITE: www.carelonwellbeing.com/stateofrhodeisland

** Co-share credits paid in the following calendar year. Only active State of Rhode Island employees who are paying State medical co-share premium payments at the time of the incentive payout(s) are eligible to receive co-share credit incentives.*

(If you're going to print this email, use attached "Printing Version" for best results)

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