



DEPARTMENT OF ADMINISTRATION  
**Office of Employee Benefits**

## **Employee Assistance Program (EAP)**

### **Monthly Email – November 2024**

#### ***Caregiving and Self-Care***

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.



866-987-3705 | 401-429-2104

[www.carelonwellbeing.com/stateofrhodeisland](http://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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