Help for reducing your challenges and boosting your opportunities

We all face problems from time to time. Usually, we can handle them ourselves but sometimes it makes more sense to reach out for help.

That's why your employer provides you and your family with a confidential Employee Assistance Program or EAP, a benefit offering resources and solutions for the problems you encounter. Just as health insurance addresses your physical health, your EAP benefits help with your emotional and mental well-being. And your EAP benefits also include much more than just help for problems – we have a host of benefits and opportunities to help you grow professionally, save money, improve your health, and enhance your personal life! Best of all, because your employer has covered the cost of services, there is no cost to you.





GET THE HELP YOU NEED

Call anytime for confidential assistance. To reach a counselor for any of your EAP needs, call toll free:

800-252-4555 **www.theEAP.com**

- **COUNSELING BENEFITS**
  Help with personal issues from relationships to stress and substance abuse.
- **WORK/LIFE BENEFITS**
  Assistance for other personal, financial and legal issues.
- **SELF-HELP RESOURCE BENEFITS**
  Access a vast collection of self-help tools and articles.
- **PEAK PERFORMANCE COACHING**
  One-to-one telephonic personal & professional coaching.
- **MEMBER DISCOUNTS**
  Get negotiated discounts and deals for wellness, shopping, travel & more!
- **PERSONAL DEVELOPMENT & TRAINING BENEFITS**
  An extensive library of eLearning opportunities to grow in your personal and professional life.
- **WELLNESS BENEFITS**
  Coaching, information, and resources to improve your overall wellness.

TotalCare EAP *A division of ESI*

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Scan to Explore Your EAP Benefits!

GETTING HELP IS SIMPLE

Just call **800.252.4555** 24/7 to reach a professional counselor.



TotalCare EAP *A division of ESI*

Check out your Employee Assistance Program!

Get help for problems, grow personally, develop professionally, save money & enhance your life!

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HOW DOES THE EAP WORK?

Getting the help you need is simple. Call the EAP 24 hours a day, 7 days a week to reach a professional counselor via our toll-free number or log on to our website to access other benefits.

800-252-4555 **www.theEAP.com**

MORE BENEFITS FOR YOU

Your EAP provides access to an extensive array of problem-solving solutions and life enhancement benefits. Nearly 99% of those who use the EAP are satisfied with the experience!

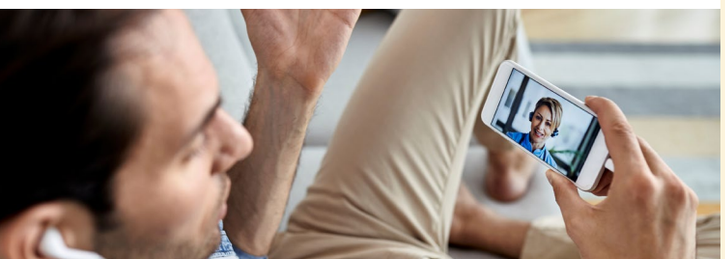
COUNSELING BENEFITS

Many complex issues are best resolved with counseling assistance from a behavioral health professional. You will want to consider calling for help if you encounter problems such as:

- Relationship and family issues
- Depression, stress, or anxiety
- Grief or loss of a loved one
- Eating disorders or substance abuse
- Workplace difficulties

When you call, you connect immediately with a counselor. Each of our experienced counselors has a Masters or Ph.D. level of training. If you need further help, your counselor will work with you to find the right follow-up therapy to match your needs and lifestyle. These might include telephonic, text messaging, chat, video, and local in person therapies.

You also have access to **Talkspace Go**, a digital mobile app that can improve your mental health and wellbeing in just 5 minutes a day.



WORK/LIFE BENEFITS

Help for personal, family, financial, and legal issues is available for your everyday work/life issues, including:

- Debt counseling and restructuring
- Legal problems not related to employment or medical concerns
- Childcare and elder care assistance
- Financial information
- Caregiver help and resources
- Real estate and tenant/landlord concerns
- Interpersonal skills with family and co-workers
- Pet Help

SELF-HELP RESOURCES

Access thousands of tools and informative articles covering virtually every problem you might face. You can call or log on to the website to access these benefits. Resources include:

- **Behavioral Health** – information on everything from alcohol abuse to personal stress
- **Financial** – articles and tools to help answer your questions and learn money management
- **Legal Information** – topics ranging from adoption to wills
- **Tools for Tough Times** – resources to help you do more with less in difficult financial times

PEAK PERFORMANCE COACHING

Personal and professional coaching is available from senior-level ESI coaches. Get one-to-one telephonic coaching and support, as well as online self-help resources and trainings.

Coaching is available for:

- Certified Financial Coaching
- Balancing Life at Work and Home
- Resilience
- Effective Communication
- Home Purchasing
- Student Debt
- Relaxation Coaching for Beginners
- Workplace Conflict
- Retirement (Practical & Emotional Aspects)
- Succeeding as a Supervisor

MEMBER DISCOUNTS

Access thousands of exclusive discounts and cashback offers from popular national brands. Whether you're shopping for everyday essentials, planning a family outing, booking travel, or treating yourself, you can save money on purchases you're already making.

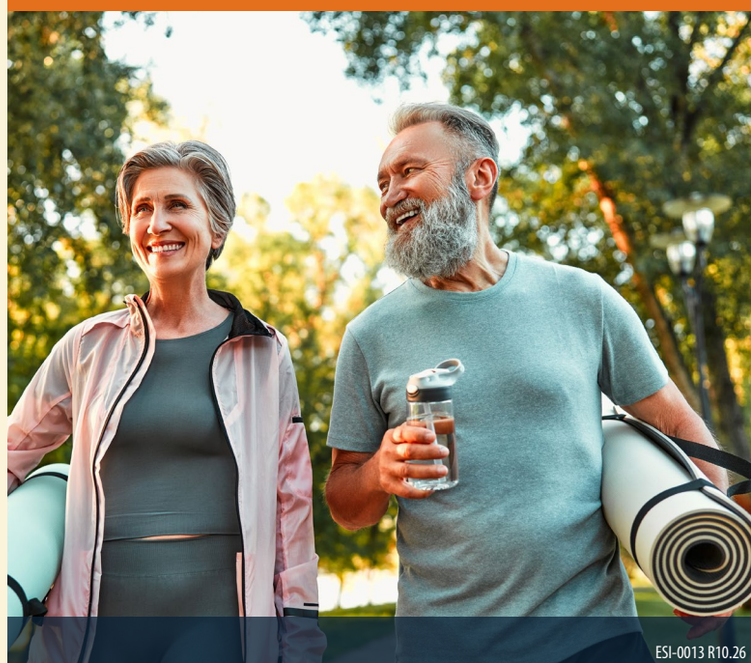
PERSONAL DEVELOPMENT AND TRAINING BENEFITS

Boost your personal and professional growth with an extensive online library of eLearning courses, trainings, and videos on compliance issues, customer sales and service, management trainings, business skills, technology, and more. Balance your work, life, and career objectives with the help of tutorials, exercises, featured Webinars, topical Learning Centers, and much more.

WELLNESS BENEFITS

Access information and resources to improve your and your family's overall wellness.

- Online Wellness Center
- One-to-One Wellness Coaching from professional coaches for nutrition, weight loss, fitness, reducing stress and quitting nicotine.



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