

## GETTING HELP IS SIMPLE

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



**TotalCare**  
**EAP** *A division of ESI*

## Introducing your Employee Assistance Program

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

# Help for minimizing your problems and maximizing 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.



## 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 more problem-solving solutions and life enhancement benefits than any other EAP. And 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. Should you need to be referred to a local counselor for personal visits, we have an extensive network of providers available to ensure that you will have a counselor near your home or workplace.



## **WORK/LIFE BENEFITS**

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

## **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

## LIFESTYLE SAVINGS BENEFITS

Your Lifestyle Savings Benefits include thousands of specially negotiated ways to shop, travel, entertain, and improve your health and your quality of life. Explore deals, discounts, and perks from your favorite national brands.

## PERSONAL DEVELOPMENT AND TRAINING BENEFITS

Our online training includes an extensive library of **eLearning courses, trainings, and videos** to help you boost your personal and professional growth. Balance your work, life, and career objectives with the help of tutorials, exercises, and worksheets.

## WELLNESS BENEFITS

The EAP wellness benefit allows you to access information and resources to improve you and your family's overall wellness including stress reduction, fitness, diet and smoking cessation.

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





## GETTING 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 OR VISIT**  
**[www.theEAP.com](http://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.

### LIFESTYLE SAVINGS BENEFITS

Get negotiated discounts and deals  
for wellness, shopping, travel & more.

### PERSONAL DEVELOPMENT & TRAINING BENEFITS

An extensive library of eLearning opportunities  
to grow in your work, life, and career.

### WELLNESS BENEFITS

Coaching, information, and resources  
to improve your overall wellness.



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