



800-252-4555

www.theEAP.com

Your
TotalCare EAP
Benefits



Who's covered?

- You & family members living in your home
- Dependent children up to the age of **26**



Confidentiality

All contacts and records are confidential – except when required by law to disclose:

- Threats of Harm to Self or Others
- Child or Elder Abuse



TotalCare EAP can help with virtually every area of life



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP
TotalCare Wellness



PERSONAL

Personal Stress
Anxiety
Alcohol Abuse
Drug Addiction
Depression
Medical Conditions
Grief/Bereavement
Gambling
Weight Control
Anger
Chronic Pain/Illness

Eating Disorders
Life Transitions
Pregnancy/Post Partum
Personal Trauma
Sexual Concerns
Domestic Violence
Learning Disabilities
Smoking
Men's/Women's Issues
Nutrition



FAMILY & RELATIONSHIPS

Marital
Parenting
Caregiving
Childcare
Eldercare
Education Planning
Adoption
Family Pets
Special Needs Child
Blended Families

Teen Issues
Domestic Partners
Physical Abuse
Family Relocation
Sandwich Generation
Military Life/Separation
Disaster Preparedness
Communication
Keeping Children Safe



FINANCIAL & LEGAL

Debt
Credit Card Issues
Financial Loss
Bankruptcy
Budgeting
Retirement Planning
Wills & Trusts
Real Estate Law
Car Buying
Immigration
Divorce
Civil Suits

Criminal Law
DUI/DWI
Landlords & Tenants
Homeowner Concerns
Taxes
Insurance
Consumer Law
Contracts
Personal Injury
Child Custody
Social Security



WORK & CAREER

Employee Conflict
Work Related Stress
Coaching
Supervisor Conflict
Team Development
Career Planning
Management Skills
Supervising Others

Time Management
Skills Development
Project Management
Motivating Self & Others
Valuing Diversity
Managing Change

800-252-4555
800-225-2527

Face-to-face Counseling



- Our staff counselors provide a referral to a licensed counselor close to your home or work
- You and your family members are eligible for **up to 3 face-to-face counseling sessions *per issue, per year***
- Each caller is matched to the most appropriate provider

Legal Benefit

- Wills, Traffic Violations, Divorce, Custody and more
- There is no charge for your initial phone consultation (up to 30 minutes)
- If you need to hire an attorney, the billable hourly rate is discounted by **25%**

Certified Financial Coaching

- Financial coaches to help address budget and debt issues provide telephonic coaching and easy referral for serious debt issues
- 300 online financial courses addressing basic budget, investments, retirement, college loan debt and much more

Wellness Coaching



Wellness Coaching includes:

- **One-on-one coaching** and counseling from an integrated team of coaches and clinicians
- Coaching for **Fitness, Nutrition, Weight Loss, Stress, Tobacco Cessation and Drugs & Alcohol**
- Frequent **digital communication** to create awareness of behavioral health risks

Child & Elder Care Benefit

Child Care Referrals

- Family Daycare, before and after school care, in-home nanny agencies and day camps

Elder Care Referrals

- In-home care, day care and social programs, transportation, housing options and care managers

Self-help resources on the Member site that includes a collection of locators, articles and tools



Personal Assistant

Assists Members searching for local community resources and solutions

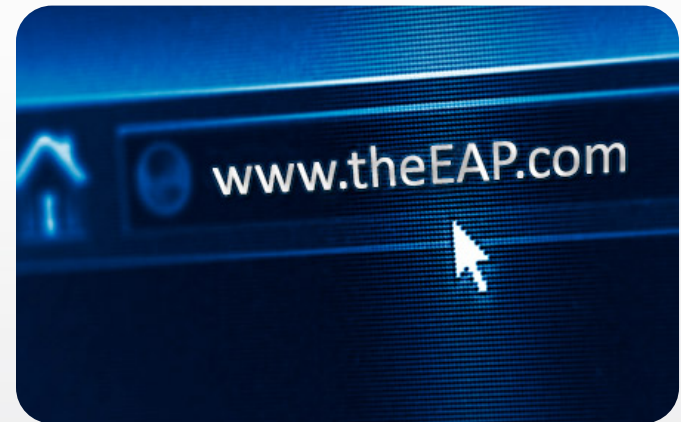
- Scholarship and financial aid resources
- Real estate and rental issues
- Locating medical providers, specialists
- Home-based service needs
- Support groups
- Summer camp options



Visit the EAP Website!

www.theEAP.com

- Create a username/password
- Sign in at EMPLOYEE/FAMILY
- Download the EAP App



NEWS ALERT

Severe Winter Weather



Featured this month:
**PERSONAL and
PROFESSIONAL COACHING**

COACHING

ONLINE COLLEGE DISCOUNT BENEFIT

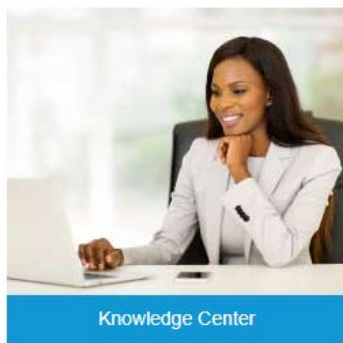
ESI's Knowledge Center

The ESI's Knowledge Center is a state of the art on-line training center that will help you develop or improve your business, management or interpersonal skills. Click [HERE](#) to launch the Knowledge Center.



Your EAP Orientation Video

This short online Employee Orientation Video has been developed to give you a better idea on how to best use the free Employee Assistance Plan, (EAP), that your employer has set up for you and your dependents



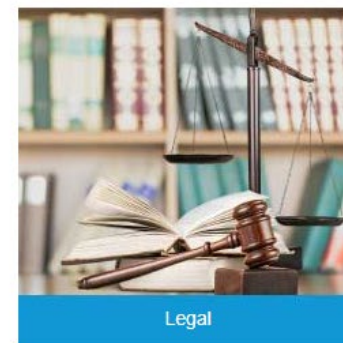
Knowledge Center



Resource Centers



Personal Finance & Education Center



Legal



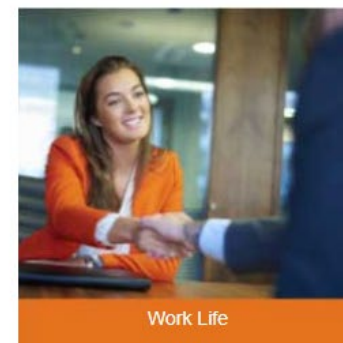
Emotional Wellbeing



Resilience Journey



Caregiver Resources



Work Life

Online Training Center:

- **Over 65 online professional development courses** and programs to build business skills:
 - ✓ Effective Meetings
 - ✓ Business Ethics
 - ✓ Diversity
 - ✓ Team Building
 - ✓ Emotional Intelligence.....and much more
- **Over 40 online personal development courses** to help balance work/life:
 - ✓ Time Management
 - ✓ Interpersonal Skills
 - ✓ Goal Setting
- **Compliance Trainings: Harassment Prevention, Workplace Violence Prevention, Drug Free Workplace**

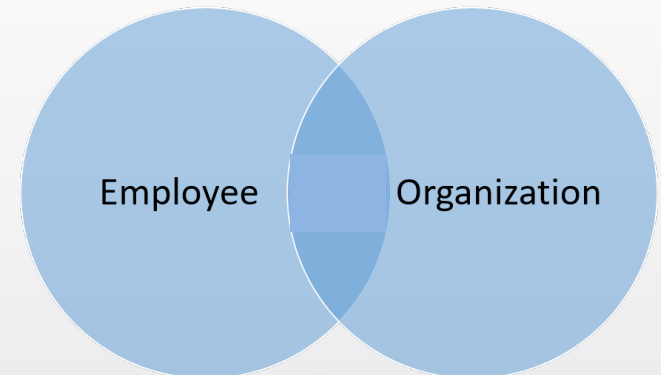


FOR SUPERVISORS AND MANAGEMENT

Go to www.theeap.com and sign in as EMPLOYER

Online Supervisor Information Centers include:

- ✓ Harassment Prevention
- ✓ Employee Engagement
- ✓ Recruiting, Hiring and Onboarding
- ✓ Workplace Violence Prevention



download the app
from the **app store**



IPHONE/ANDROID App

- You can also access the web resources via the EAP App on your phone for both **ANDROID** and **APPLE**
- Simply visit the appropriate App store and Search “**ESI Employee Assistance**”

It's That Easy!





More Benefits for Employees.
More Services for Management.
Better Results than any other EAP.

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