As an educator, you face unique challenges…



Today, educators face special challenges – budget cuts, students at risk, parental issues – and more recently, the challenges around teaching during a pandemic. In addition to these on-the-job stressors, you juggle the challenges of your own personal and family issues. Usually, we can handle problems on our own, but sometimes it makes 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!

Plus, Educators' EAP is the only EAP specifically designed to address the unique challenges faced by educators. And because your employer has covered the cost of services, there is no cost to you.



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.EducatorsEAP.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
Over 8,000 eLearning opportunities to grow in your work, life, and career.

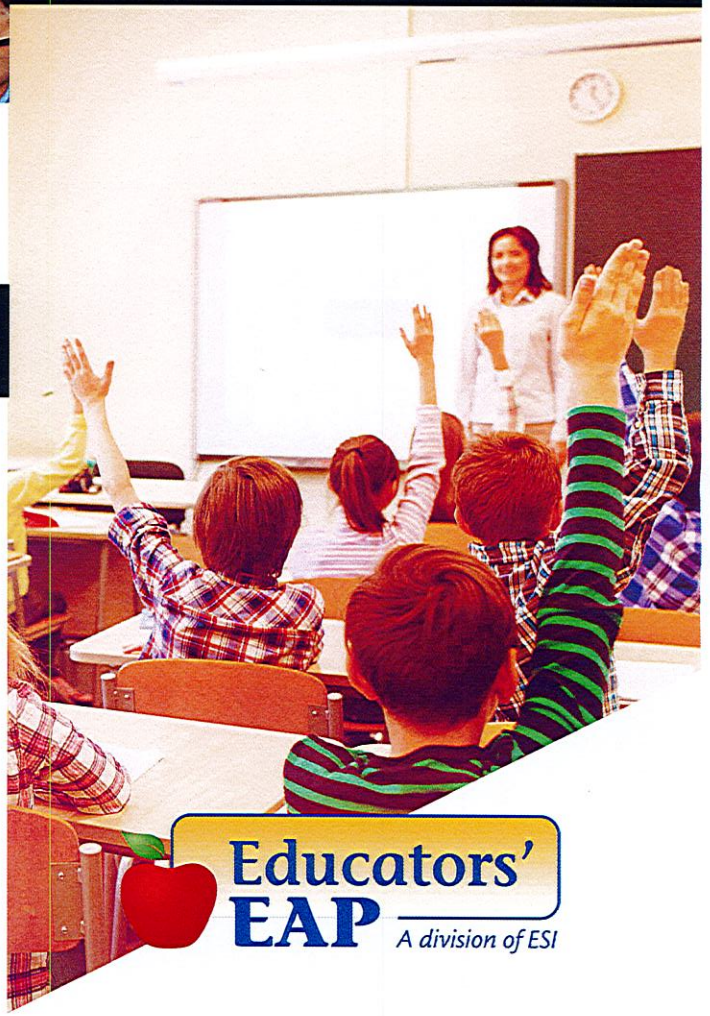
WELLNESS BENEFITS
Coaching, information, and resources to improve your overall wellness.

Educators' EAP
A division of ESI

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GETTING HELP IS SIMPLE

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



Educators' EAP
A division of ESI

Introducing your Educators' Employee Assistance Program

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

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.EducatorsEAP.com

MORE BENEFITS FOR YOU

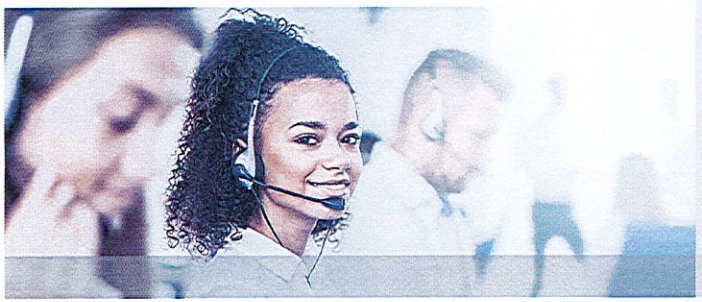
Your EAP provides access to more problem-solving solutions and life enhancement benefits than any other EAP. And nearly 99% of those who use the EAP are satisfied with the experience.

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 more than 40,000 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
- Yoga & Relaxation for Beginners
- Workplace Conflict
- Retirement (Practical & Emotional Aspects)
- Succeeding as a Supervisor

EDUCATOR RESOURCE CENTERS

Our online Resource Centers offer educators specific tools, links, and articles on hot-button issues, challenges and opportunities facing you and your students, such as:

- Budget Boosters for Educators: Money-Saving Tools and Tips
- Parental Challenges
- Social Networking for Educators
- Managing the Classroom
- Cyber-Safety Resource Center

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.

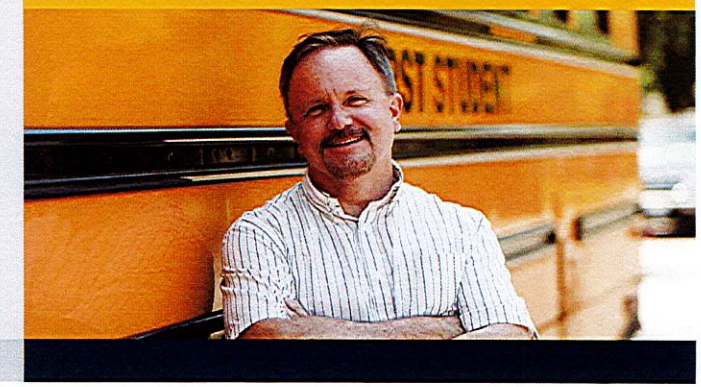
PERSONAL DEVELOPMENT AND TRAINING BENEFITS

Our online training includes more than **8,000 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.



Your EAP Benefit Summary



Each of us encounters personal problems from time to time. And that is why we partner with ESI EAP to provide you with the best possible solutions for issues you or one of your family members may face. ***Your EAP is here to help.***

The following free benefits are available for Employees and Family Members.

COUNSELING BENEFITS
Help from experienced Masters or Ph.D. level counselors for personal issues such as: relationships/ family, depression/anxiety, grief and more.

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.

TRAINING AND PERSONAL DEVELOPMENT BENEFITS
Over 10,000 free online personal and professional development trainings in a variety of easy to use formats. Some of the topics covered are: debt, budgeting, communication, working remotely, stress management and emotional intelligence.

SELF-HELP RESOURCES
Self-help Resources give you access to a collection of thousands of tools, videos, financial calculators and informative articles covering virtually every issue you might face, including adoption, relationships, legal, financial, cancer and more.

WORK/LIFE BENEFITS
Assistance for financial, legal, and child & elder care.

PERSONAL ASSISTANT
Help for everyday issues, including finding a local medical or dental provider, summer camp options and more.

WELLNESS BENEFITS
Videos and resources to improve you and your family's overall health, including fitness, diet and tobacco cessation.

LIFESTYLE SAVINGS BENEFIT
Includes thousands of discounts, rewards and perks in a variety of categories: Health & Wellness, Auto, Electronics, Apparel, Restaurants, Beauty & Spa, Flowers & Gifts, Sports & Fitness and more! Available benefits are accessible from ESI's Member website.

Scan the QR code to explore your EAP benefits!

Contact the EAP toll-free at **1.800.252.4555.** All calls are **CONFIDENTIAL** and answered by a Masters or Ph.D. level counselor; your counselor will work with you on a plan beginning with the first call. Or go to **www.EducatorsEAP.com** and create a username and password.

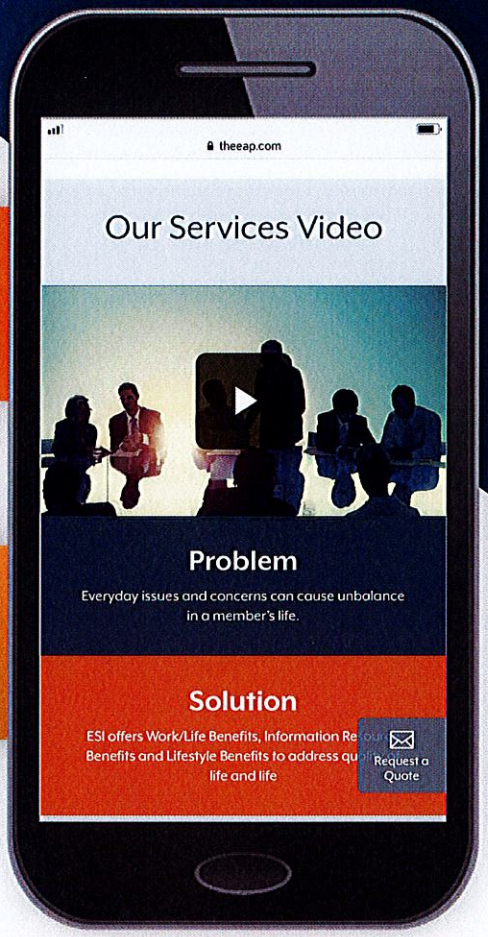
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Our iPhone/Android Mobile Phone App

- 24/7 access
- Same tools, benefits and resources
- Download free for ***iOS*** and ***Android*** mobile devices



It's that Easy!

download the app from the app store by searching

'ESI Employee Assistance'

Get it on Google play

Download on the App Store

For Questions Call: 1.800.535.4841

www.EducatorsEAP.com | 1.800.535.4841

***More** Benefits, **Better** Results Than any other EAP.*

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NEW!
Lifestyle Savings Benefit!



Who doesn't like a deal?
And who doesn't like savings?

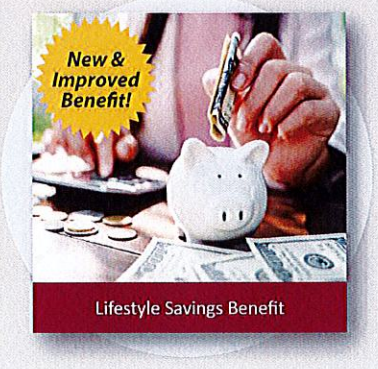
Scan the QR code to explore your EAP benefits!

Now you can enjoy thousands of discounts and cash back offers as one of your EAP benefits. Just logon to your EAP website. Explore deals and discounts from your favorite national brands.

Here are just a few of the many areas where you can find savings:

- **Health and Wellness**
- **Auto**
- **Electronics**
- **Apparel**
- **Restaurants**
- **Entertainment & Tickets**
- **Beauty and Spa**
- **Flowers & Gifts**
- **Insurance & Protection**
- **Sports & Fitness**
- **Food**
- ***And many more!***

To explore this great benefit, simply logon to **www.EducatorsEAP.com** and click on the **Lifestyle Savings Benefit** tile.



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