

## 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

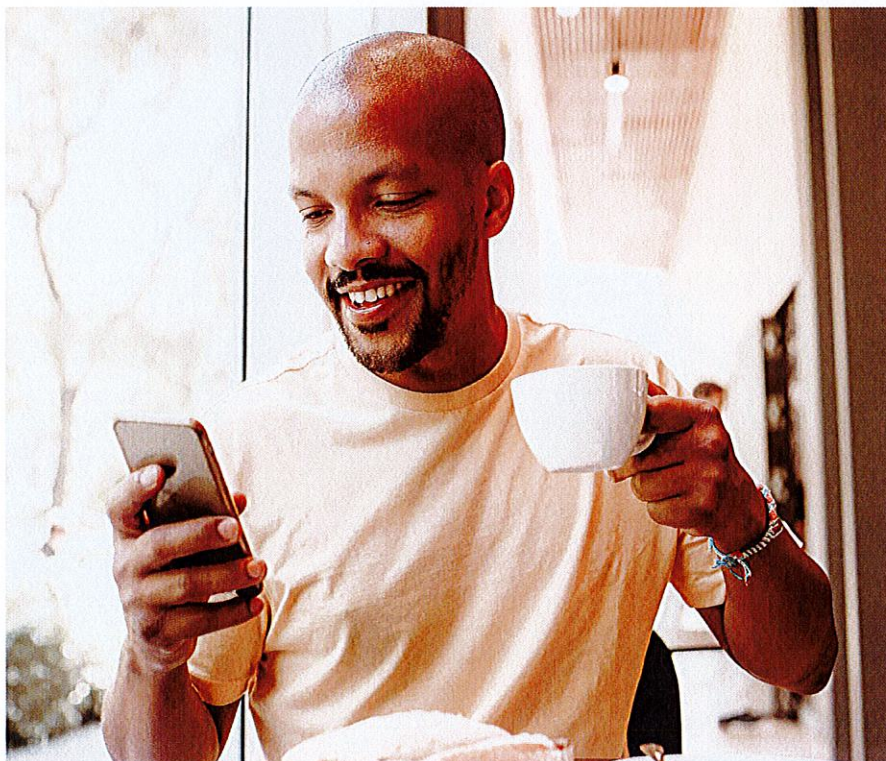
*Get help for problems, grow personally, develop  
professionally, save money & enhance your life!*



## 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](http://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 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



## 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.

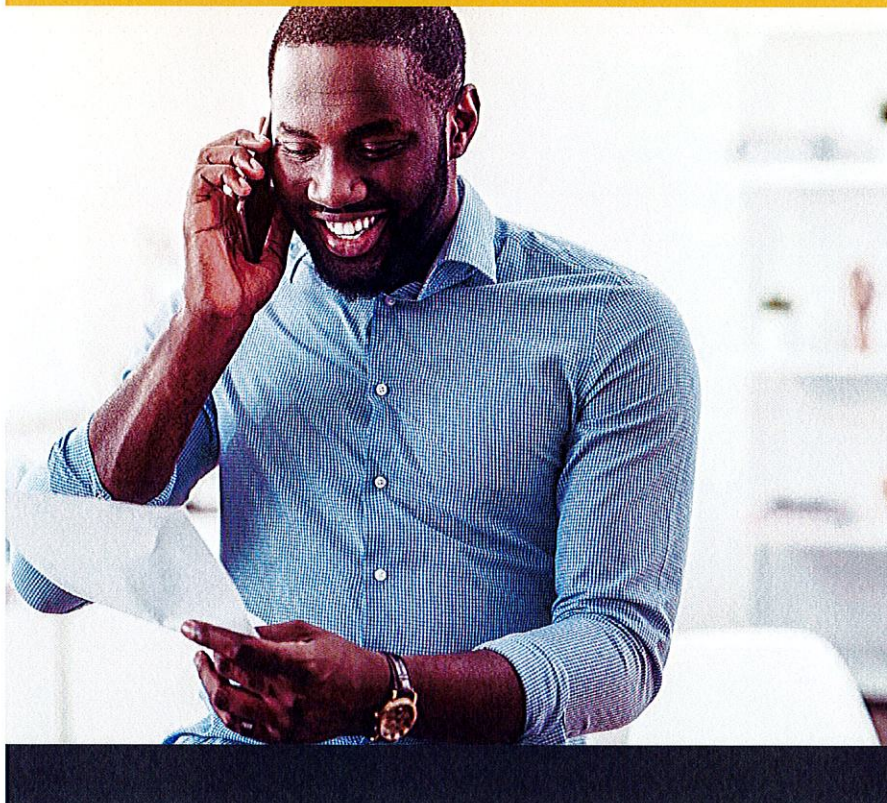
## PERSONAL DEVELOPMENT AND TRAINING BENEFITS

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.







## **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**

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

### **WELLNESS BENEFITS**

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





# 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.theEAP.com** and create a username and password.



www.theEAP.com  
1.800.252.4555



# Your EAP Benefits: One-on-One Personal & Professional Coaching

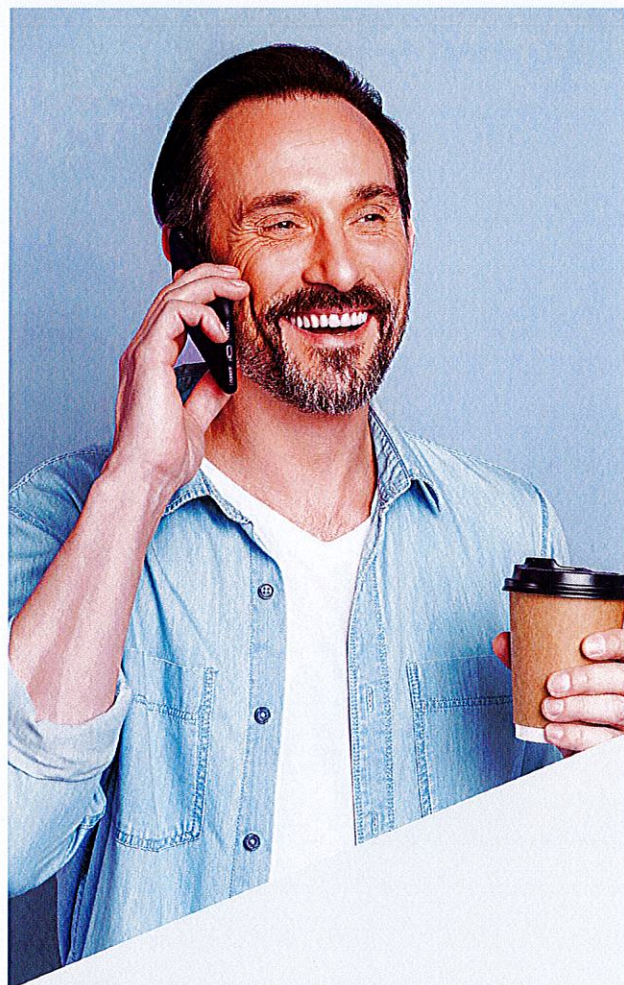
Your EAP offers exciting Peak Performance Coaching Benefits to help you grow and succeed both personally and professionally. Connect by phone for one-on-one coaching with ESI Masters and PhD level coaches. Plus, access online self-help resources and trainings. Best of all, these benefits are free for you and eligible family members!

## Coaching is available in the following areas:

- ✓ **Certified Wellness Coaching** - lose weight, get fit, reduce stress, quit tobacco, and get nutrition help.
- ✓ **Certified Financial Coaching** - get help for budgeting, credit, debt, money management and more.
- ✓ **Balancing Life at Work and Home** - make the most of family life while learning to succeed at work.
- ✓ **Resilience** - recognize your personal strengths and improve resilience to face life challenges.
- ✓ **Effective Communication** - improve your interpersonal communication skills to be more effective.
- ✓ **Home Purchasing** - get help with the home buying process, credit and financing basics.
- ✓ **Student Debt** - learn about Federal Student Loan types, repayment plans, consolidation and more.
- ✓ **Yoga & Relaxation for Beginners** - get support and referrals to yoga, relaxation or meditation training programs.
- ✓ **Workplace Conflict** - improve interpersonal skills and learn methods for resolving conflict.
- ✓ **Retirement Coaching** - get help to address the practical and emotional aspects around retirement.
- ✓ **Succeeding as a Supervisor** - learn key management concepts and ways to develop and empower employees.

## Plus, get online tools to support your goals:

- Access thousands of online videos, articles, calculators, self-assessments and other tools.
- Over 8,000 personal and professional trainings available in a variety of formats.
- Wellness tools and tips on diet, nutrition, fitness and smoking available in the Online Wellness Center.



**To access a Coach**, simply call 800.252.4555 and ask to speak to a Coach.



**To access online support resources**, simply login at [www.theEAP.com](http://www.theEAP.com).



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

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*Our*

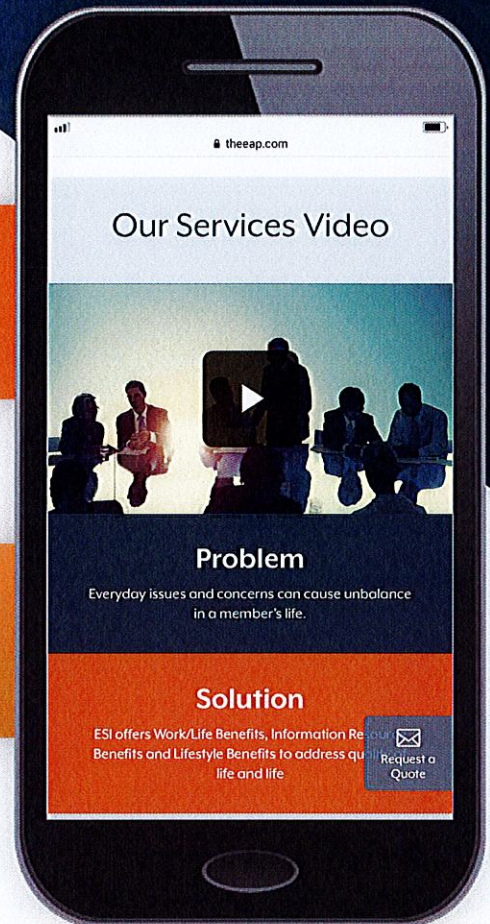
## iPhone/Android Mobile Phone App

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

*It's that Easy!*

**ESI** EMPLOYEE  
ASSISTANCE  
GROUP

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



**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.theEAP.com | 1.800.535.4841

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



# Legal Benefit *from your EAP*



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

ESI has an innovative benefit designed to help Members with personal legal concerns:

- Wills
- Traffic Violations
- Criminal Cases
- Divorce
- Child Custody
- Probate issues
- Bankruptcy



## How to Access The Legal Benefit



## Access the EAP Online Legal Library

1. Call **800.252.4555** or **800.225.2527**
2. Describe your issue to the EAP Counselor
3. You will be connected with an attorney
4. There is no charge for your initial phone consultation (*up to 30 minutes*)
5. If you need to hire an attorney, you will be referred to a local independent lawyer specializing in your area of concern.
6. The billable hourly rate is discounted by 25%
7. Entire legal library available on the EAP website includes Will templates, contract samples and more.

1. Log on to **www.theEAP.com**
2. Click the **Employee & Family Login**
3. If you have already created a User Name and Password, simply enter that information in the appropriate boxes. **If you have not registered, complete steps 4-5.**
4. Click on **REGISTER**
5. Fill out the Registration Form and create your own User Name and Password, then click **REGISTER**. **You only need to register once.**
6. Click the **Legal icon** and explore.

**Exclusions:** The legal benefit is not available for issues related to employment, corporate law or medical concerns.

[www.theEAP.com](http://www.theEAP.com) | 1.800.252.4555

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





# NEW!

## Lifestyle Savings Benefit!

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

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.theEAP.com](http://www.theEAP.com) and click on the **Lifestyle Savings Benefit** tile.

[www.theEAP.com](http://www.theEAP.com) | 800.252.4555

