



# Information Resources:

*A vital benefit to help with everyday issues*

*To access this benefit,* you can call the EAP or log on to the website, **www.theEAP.com**, for thousands of articles, videos and tools to help you resolve personal problems. Find information on thousands of topics including:

- Adoption & Childcare
- Financial Planning
- Consumer Rights
- Mental Health
- Divorce
- Home Ownership
- Legal Issues
- Loss and Grief
- Stress
- Elder Care & Childcare Locators
- Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Education



*More benefits than any other EAP.*

**www.theEAP.com • 1-800-252-4555 • 1-800-225-2527**

## TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to [www.theEAP.com](http://www.theEAP.com)
2. Click **Employee & Family Login**
3. If you've already created a User Name and Password, simply enter that information in the appropriate boxes.  
**If you have not registered, complete steps 4 - 7.**
4. Click on REGISTER HERE
5. Enter your employer's name and click Continue
6. Your employer's name will appear; select the button and click Continue
7. Fill out the Registration Form and create your own User Name and Password, then click Continue. **You only need to register once.**



You'll find an entire library of problem-solving resources including assessments, trainings, videos, tools and calculators such as 2,000+ Harvard Medical School articles • Thousands of Legal articles • 800,000 Child/Elder care providers • Personal Growth programs • Mental and Physical Health assessments • Financial tools and calculators • Career Development information • 900 Health videos • Plus, important new resources that include:

### CAREGIVER CENTER

A vast array of tools designed to help those providing care for a chronically ill, disabled, or aging family member or friend.

### TRAINING CENTER

Access hundreds of personal and professional development trainings and courses.

### LOCATORS

Search for childcare and eldercare resources in your local area.

### RESILIENCE JOURNEY

An interactive new benefit to help you develop your maximum potential, experience less stress, less depression and improve physical and emotional health.

### ESI WELLNESS CENTER

Articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and physical fitness.

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