

### We Can't Believe 2022 is Almost Over—Here's a Recap of Our Articles & Best Practices for Increasing Engagement!

By VITAL WorkLife

We can't believe it either—another year is coming to a close! We're taking a moment to reflect on 2022 and provide you with a recap of tools to set you and your organization up for success. Thank you for your endless commitment to improving well-being within your organization, we couldn't do it without you and your advocacy!

We have a lot of exciting plans coming up in 2023, so stay tuned for further updates throughout the year. As we begin the year with a clean slate, it's important to leverage your VITAL WorkLife benefits to foster a positive culture in your organization.



#### A Year in Review – 2022 Article Recap

[Embrace the New Year! Set Goals for 2022 and How Your EAP Can Help](#)

[Utilize Your EAP: Get Started with Counseling!](#)

[Balancing Work and Home When Remote](#)

[Legal/Financial Resources and Support](#)

[Embark on a Positive Journey with Peer Coaching](#)

[Healing in the Face of Trauma](#)

[How to Improve Your Health: The Benefits of Physical Activity](#)

[Divorce Impacts All Dimensions of Well Being](#)

[Suicide Awareness, Prevention and Resources](#)

[How to Use Your VITAL WorkLife App](#)

[How to Show Gratitude and Give Thanks](#)

#### Tips to Increase Engagement with Your EAP Solution

Start planning for the new year and how you can leverage your EAP resources to support the well-being of your employees. The following best practices are great ways to increase awareness of the resources available:

1. Pull snippets from the articles linked above and include in your internal employee intranet sites, newsletters or share in employee breakrooms.
2. Try out the resources yourself and speak with employees about your own experience using the EAP. A positive testimonial from leaders can be a powerful tool to help employees feel comfortable talking about mental health and accessing their resources.
3. Provide information about your EAP resources during employee orientation and open enrollment periods to best leverage the tools on your [Resource Site](#).
4. Include our QR Code in your email signature to promote the VITAL WorkLife App. Download from your [Resource Site](#)!

## We Can Help

Here's a recap of all the resources available to you, your employees and their family members as part of their EAP resources:

- Counseling for you and your family
- No cost financial consultations and resources
- No cost legal consultations and resources
- In-the-moment behavioral health support with a master's or doctorate level counselor anytime, day or night.
- [Nurse Peer Coaching](#)—a confidential resource, connecting you with a nurse outside of your organization, who understands your profession and can help set goals
- [Educator Peer Coaching](#)—talk with an educator from outside your organization who understands what you are going through and can help you set personal and professional goals
- Coaching for career building, goal setting and achievement
- [VITAL WorkLife App](#) so you can connect with your resources anytime, anywhere
- [Member Website](#): Resources such as articles and online seminars for your work & life on hundreds of topics, such as parenting, healthy living, elder care, mental health, aging, financial tips and more

**Access your resources by calling 800.383.1908 or through the VITAL WorkLife App.**