



# ***Employee Assistance Program***



## **EAP Fast Facts**

Day-to-day pressures are increasing: family and relationship issues, burnout and stress-related illnesses are at all-time highs. Let's face it—all areas of our well being could use some support. VITAL WorkLife can help you address life's challenges and guide you in engaging with our available resources.

### **Free Benefit**

There are no out-of-pocket costs for the EAP services. Your employer knows the value of well being is priceless, so the cost for service is covered for all employees and their family members.

### **Family Members are Eligible**

Any family member whose personal concern is impacting the employee is eligible to use the EAP services. The family member does not need to be a dependent of the employee, live in the same household or even be in the same state.

### **Confidential**

Your use of this service and the information you share is confidential. No one at work will be informed of your call, and no one can obtain the information you share with a consultant without your written consent, except when your safety or the safety of another individual may be at risk.

### **Professional**

VITAL WorkLife maintains high standards of education, experience and professionalism for our consultants. All of our consultants have achieved, at a minimum, a master's degree. You can customize your experience by requesting to speak with either a male or a female consultant, choose phone or in-person consultation or select support close to home or work.



# Employee Assistance Program

## What is offered?

- Coaching and counseling
- Legal and financial resources
- Identity theft prevention & support
- Robust online and mobile resources
- Help understanding & defining concerns, exploring options, recommendations and resources

## What can I expect?

- Unlimited 24/7 live telephone support
- Talk with a live person
- Scheduling at your convenience
- In-person and video counseling



**Contact us at  
800.383.1908 or visit  
VITALWorkLife.com**

**Username:  
Password:**

**Pathways to Well Being**

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