

We can help.

As part of your VITAL WorkLife EAP, you have unlimited access to extensive web resources, which includes a library of more than 5,000 articles on topics including:

Parenting: Family and caregiving, adoption, childcare, summer camps, child development, higher education and more.

Aging: Aging well, planning for the future, eldercare, dealing with grief and loss and more.

Living: Help with daily living, consumer choices, legal and financial issues, pet care, home improvement and more.

Saving: Enjoy discounts of up to 25% on hundreds of name brands at our Online Savings Center.

Working: Articles and tips for resolving career and workplace issues.

Balancing: Information and resources related to every aspect of personal growth, relationships and emotional well being.

Thriving: Health and wellness articles and resources including WebMD, an online health information directory and MEDLINEPLUS, the world's largest online medical library.

Legal: Articles plus an online searchable legal database.

Visit VITALWorkLife.com and log in using your username and password.

If you need your login information, contact VITAL WorkLife at 800.383.1908.



What can I expect when I contact VITAL WorkLife?

When you or a family member contacts VITAL WorkLife, you will receive:

- ✓ Listening without judgment
- ✓ Experienced professionals
- ✓ Help understanding and defining your unique issues
- ✓ Guidance exploring options
- ✓ Referrals to EAP resources



VITAL WorkLife provides access anytime, day or night.

800.383.1908

Over-the-phone language interpretation services are available.

VITALWorkLife.com

30-003-0220

Employee Assistance Program



Let us help you on your pathway to well being.

Your VITAL WorkLife Employee Assistance Program (EAP) is designed to support your well being, both at home and at work.

Take advantage of this free resource.

- Free to employees and family members.
- Available anytime, day or night.
- Confidential — your employer doesn't know who, when or why anyone uses the benefit.
- Telephonic and/or face-to-face counseling sessions available.

Pathways to Well Being



How your EAP can help.

Life can be challenging at home and at work.

Stress and anxiety are increasing for people everywhere. Divorce, career burnout and stress related illnesses are at all-time highs. Many struggle with work demands, marriage difficulties, children, aging parents, drug and alcohol abuse, financial strain and/or legal concerns. These issues can affect all areas of your life. VITAL WorkLife can help you better navigate life's challenges.

Why use an EAP?

Your VITAL WorkLife EAP is designed to make every aspect of work and daily life more productive, less stressful and more fulfilling—for you and your family.

How does an EAP work?

When you contact us, first, we listen—then we connect you with the people, information and resources you need to help address your problems and achieve work/life balance.

Your family members are eligible.

Any family member whose personal concern is impacting an employee is eligible to use the EAP. Family member is defined as anyone in the family including spouse, significant other, sibling, parent or adult child. 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, VITAL WorkLife counselors are available nationwide.

What does your EAP include?

- Multiple face-to-face counseling sessions per situation
- Unlimited telephonic support available anytime, day or night
- VITAL WorkLife App, designed to help you assess and improve your well being, improve your understanding of your EAP resources and simplify access to those resources
- Free legal and financial consultations
- Member website with extensive work and life resources

Your VITAL WorkLife EAP is professional and confidential.

Your use of this resource and the information you share is confidential. No one will be informed of your call and no one can obtain the information you share with a counselor without your written consent.*

Our counselors, whether you talk with them on the phone or in person, have a master's or doctorate level degree.

**Except as required by law if your safety or the safety of another individual may be at risk.*

Contact VITAL WorkLife:

📞 800.383.1908

🌐 [VITALWorkLife.com](https://www.vitalworklife.com)

📱 [VITAL WorkLife App](#)