



Employee Assistance Program



Employee Well Being Matters to Your Organization

We know stressors at home and at work can lead to distracted, disengaged and less productive employees. Our goal is to help your organization and employees recognize and resolve problems before they become unmanageable. Improving employee well being can reduce absenteeism, increase retention, save money, control costs and increase employee productivity.

Employee Assistance Program (EAP)

Our full service EAP is a comprehensive set of behavioral health solutions to support your employees by helping them manage the stressors impacting their lives—inside and outside of the workplace.

We also offer tools and resources to support leaders, managers and supervisors to help strengthen leadership skills, enhance the work environment and grow your business. Key components of the solution include:

Face-to-Face Counseling & In-the-Moment Telephonic Support

We offer face-to-face counseling sessions for employees and their families, in addition to unlimited in-the-moment telephonic support with a licensed counselor, available anytime, day or night. Our counseling is outside and separate from employer-sponsored health plans, which ensures confidentiality and allows employees to get the help they need without having to worry about expensive premiums or paying out of pocket.

Specialized Peer Coaching for Nurses and Educators

Nurse Peer Coaching and Educator Peer Coaching offers confidential, one-on-one telephonic coaching with a compassionate listener who understands the challenges they face and has walked in their shoes.

Our nurse peer coaches have extensive clinical experience in a variety of settings allowing them to understand, support and advise nurses in almost any situation.

Our educator peer coaches are PhD and master's level counselors, licensed teachers and coaches with deep experience and expertise in education and family counseling.

Formal Referrals

Unlimited formal referrals include chemical assessments, performance based referrals and our unique return to work coaching program with the goal of getting employees back to work sooner by taking an integrated approach to the issues/barriers surrounding the reason for their absence.

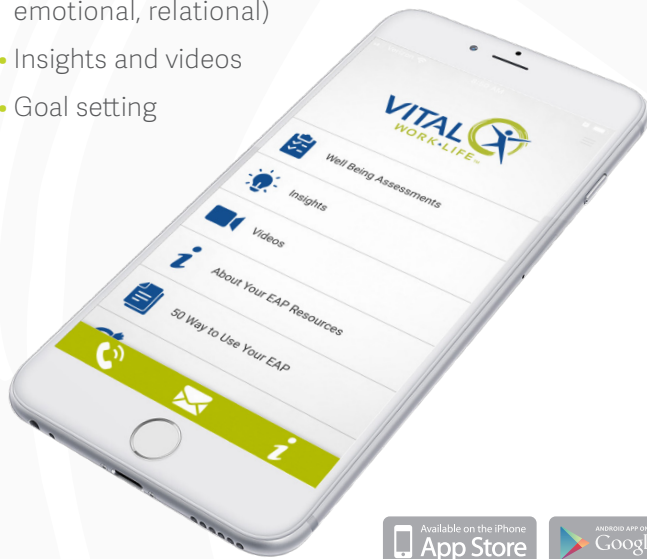
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Of individuals who engage with our resources would have likely done nothing if VITAL WorkLife was not available; therefore, impacting their ability to be productive and successful in the workplace.

VITAL WorkLife App

Designed to help employees and their families improve their well being and access their EAP resources whenever they need them. The app includes:

- Assessments for each of the six dimensions of well being (professional, physical, financial/legal, spiritual, emotional, relational)
- Insights and videos
- Goal setting



Program Engagement Support

Highly consultative account management, strategic implementation guide and regular reporting with non-identifiable engagement data to show program effectiveness. A Digital Engagement Hub with resources to help you promote all your EAP has to offer.

Additional Resources Included:

- Legal & financial consultations and resources
- Resources specifically for managers and supervisors, including telephonic coaching and consultations
- Online resources, including well being articles, seminars, eLearning courses and more

Why VITAL WorkLife?

- Access to a behavioral health consultant over the phone anytime, day or night
- We take a holistic approach to well being to address an individual's emotional, relational, physical, professional, financial/legal and spiritual well being
- National network of over 62,000 consultants who have master's or doctorate level degrees



" We had an employee who was on an unsustainable path with their behavior. The employee utilized the Employee Assistance Program and has done a complete 180. The employee is a completely different person and is on a path to many more years of successful employment with us. Thanks, VITAL WorkLife!"

**Human Resources Professional,
School District**

We help organizations, teams & individuals to be their best.

VITAL WorkLife, Inc. is a national behavioral health consulting practice supporting all dimensions of well being in the workplace. For over 35 years, our proven solutions have helped to reduce workplace conflict, facilitate culture change, strengthen interpersonal communication and build well being

Interested in learning more about our Employee Assistance Program?

Visit us online at VITALWorkLife.com or contact us at **800.383.1908**