

EAP + Work-Life Services

An Overview for Employees



Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.

The EAP Can Help with Almost Any Issue

EAP benefits are available to benefit-eligible employees and their families at NO COST to you. Help is as easy as a phone call away. The EAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with a consultant.

EAP Services for Employees and Families

- Unlimited phone consultations with an EAP Counselor
- Dynamic website featuring over 3,400 helpful articles, training courses, a legal and financial center, and more
- Referrals to local counselors for up to **six (6) sessions**, free of charge, to assist with topics such as:

Education

Finding a preschool College planning
Tutoring programs Financial aid resources

Dependent Care

Adoption assistance After school programs
Day care Special needs care
In-home services Senior housing options
Parenting classes Support groups
Respite care Elder care

Lifestyle and Fitness Management

Nutrition and fitness Stress and overload
Relationship issues Divorce and separation
Health and wellbeing Grief and loss
Relocation Career planning
Retirement Balancing work and life

Legal & Financial

Budgeting Credit and collections
Saving and investing Home buying
Retirement planning Basic tax planning
Immigration Personal legal service
Will making Legal forms

Pet Care

Grooming Choosing a veterinarian
Training/behavior Boarding and in-home care



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TO ACCESS COUNSELING AND BENEFIT INFORMATION
CALL: **1-800-327-3517**

WEBSITE eappreferred.com

- Username: **KAIROS**
- Password: **EAPPREFERRED**

Your EAP benefit is provided by your employer and delivered by Integrated Behavioral Health (IBH).

Work-Life Services

Balancing Life at Work and Home

Your EAP provides a range of legal and financial services to help you survive a variety of challenges:

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|---------------------|--------------------------------|
| Budgeting | Civil/Consumer Issues |
| Criminal Matters | Debt/Credit Counseling |
| Estate Planning Law | Financial Planning Services |
| Immigration | IRS Matters |
| Motor Vehicle | Personal/Family Legal Services |
| Real Estate | Tax Consultation/ Preparation |



Financial Services

Employees can receive telephonic consultations with seasoned financial professionals and certified public accountants (CPA). Unlimited telephonic counseling and 30 days of financial coaching is available. Local referrals are available for more complex financial planning issues, such as: credit counseling, debt and budget assistance, basic tax planning, and retirement and college planning questions.



Legal Services

Employees can receive an initial 30-minute office or telephone consultation with an attorney. Plus, if the attorney is retained to provide legal services, the member can apply a 25% discount off the attorney's normal hourly rate on legal fees. Virtually all types of legal matters are eligible for these services.



Assistance with Document Preparation

A simple and inexpensive online process enables members to complete their own legal document preparation from home. This eliminates the cost of an attorney or dealing with lengthy completion and delivery periods.

Dedicated Legal/Financial Website

Each member is provided with unlimited access to a dedicated legal/financial website, which includes legal and financial tools. Examples include legal and financial forms, financial calculators, helpful articles and answers to frequently asked questions.

Workplace + Supervisor Support

Managing people can be challenging. Employers have unlimited telephonic assistance with topics such as:

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|----------------------|----------------------------|
| Critical incidents | Conflicts in the workplace |
| Drug-free workplace | Education and training |
| Job stress | Team Building |
| Respectful workplace | Organizational development |

New EAP Benefits for 2020!

Starting July 1st your EAP benefit will include:

- Video Counseling
- Online Peer Support Groups
- AI Chatbot