



# EAP+Work/Life Online Services Help at your Fingertips!



5 sessions provided at no cost per person, per issue, per year (in-person, phone, or video combined)

## Did you know you can...

- ✓ Take a test to assess your mental health or fitness
  - ✓ Calculate student loans or debt consolidation
  - ✓ Watch a video about Alzheimer's or binge drinking
  - ✓ Read an article on parenting teens or identity theft
  - ✓ Sign up for a webinar on retirement planning
  - ✓ Search for a day camp or college
  - ✓ Take a training course on managing anger or making presentations
  - ✓ Download forms for taxes or wills
- And so much more.... and all within minutes!

Your EAP+Work/Life online services website has all the tools, tips and resources you need to support your mental, emotional, physical and financial well-being!

## It's Easy and Super Fast

One click takes you to hundreds of articles, videos, forms, locators and more for the following areas of interest:

- Wellness
- Emotional Well-being
- Relationships
- Financial Matters
- Work Issues
- Personal Growth
- Caregiving
- Older Adults
- Volunteer Opportunities

**Plus,** quickly see what the EAP+Work/Life program offers including access to confidential help from a Licensed Professional Counselor for personal, family and work issues, and work/life specialists to help you personally find resources. And be sure to click on the member video!

## Get started Now.

Visit: [healthadvocate.com/members](http://healthadvocate.com/members). Type in your company name to log in.



**866.799.2691**

Visit us online at:  
[HealthAdvocate.com/members](http://HealthAdvocate.com/members)

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