

LEARN MORE ABOUT THE EMPLOYEE ASSISTANCE PROGRAM (EAP)

EAP 3 Visit Plan

What is an EAP?

An EAP is a confidential worksite-based program designed to assist both employees and employers. An EAP provides assessment and referral — in person and over the phone — for personal matters. Each eligible employee¹, along with each eligible employee's dependents, is entitled to three visits (or sessions) free-of-charge per calendar year. Also, telephone intakes and information calls regarding EAP services are free and unlimited.

Assessment and referral services

Personal concerns

- Stress
- Crisis
- Psychiatric disorders
- Medical problems
- Work-related difficulties
- Marital and family issues
- Emotional concerns
- Relationship issues
- Life adjustments
- Alcohol and drug problems

Financial

- Financial planning
- Retirement planning
- Investment strategies
- Money management

¹ Employee eligibility based upon contract terms. Contact your employer for EAPC's eligibility requirements. All services must be arranged by EAPC who is wholly responsible for provision and administration of the EAP.

Childcare

- Assess childcare needs and explore care options
- Adoption resources
- Referrals for an array of childcare arrangements, camps and schools

Online Services

- Stress management course
- Legal/financial library
 - Legal/financial articles
 - Sample legal documents
- Smoking cessation program
- Identity theft resources
- Behavioral health library
 - Information on numerous life issues
- Wellness information
- Depression and substance abuse screenings

Eldercare

- Resources and referral for both public and private eldercare facilities
- Consultation on evaluation of facilities

Legal

- Consultation provided for an array of legal issues, including family law, housing and real estate and estate planning
- Simple will prepared at no cost
- 25 percent discount on standard attorney hourly rate for services rendered beyond scope of EAP

Academic resources

- SAT and other testing resources
- Tutors
- College planning guides
- Sources of financial assistance

Pet services

- Referrals for breeders, kennels, veterinarians, etc.
- Pet services guide

Who is EAPC?

EAP services are provided through EAP Consultants, LLC (EAPC). EAPC is a private company with a diverse network of licensed professionals, including clinical providers and consultants. All EAP services are completely confidential pursuant to current US laws and regulations.

EAPC's services include access to highly experienced clinical providers that include licensed psychologists, clinical social workers, professional counselors, marriage and family therapists and alcohol and drug counselors.

Consultants include attorneys, financial advisors and elder care and child care specialists. EAPC also offers online services to fit a wider array of needs.

EAP professionals will help employees identify and clarify concerns and develop a plan of action to create solutions that work. If additional assistance is needed, EAPC will assist employees in finding resources that may be covered by their insurance and meet their financial capabilities.

Note

EAPC is neither affiliated nor under common control with OneAmerica or AUL, and AUL only markets EAPC products.

For detailed information, contact EAP Consultants, LLC at **1-800-869-0276**. To confidentially request services online, visit the member access page at www.eapconsultants.com. The password is OneAmericaEAP.