



YOUR EMPLOYEE ASSISTANCE PROGRAM

*Understanding
your program
benefits:
Employee Assistance
Program (EAP)*



WHAT IS AN EMPLOYEE ASSISTANCE PROGRAM (EAP)?

At times we all experience challenges at work or at home that affect our well-being and make it difficult to concentrate on our daily tasks.

EAP Services are:

- Confidential & Private
- Professional and Licensed Providers
- Focus on Work and Family Concerns
- Available 24 hours a day/7 days a week/365 days a year
- Prepaid by Employer
- Available to all employees and household members



WHAT ARE EAP BENEFITS?

- ✓ Short Term Counseling
- ✓ Work Life Information & Resources
 - Child & Eldercare
 - Educational
 - Health & Wellness
 - Daily Living
 - Legal Consultations
 - Identity Theft Services
 - Financial Consultations
- ✓ Wellness Coaching
- ✓ Website



OVERVIEW OF EAP SHORT TERM COUNSELING

- ✓ Assessment of the issue by Master's level counselors 24/7.
- ✓ Referrals for short term counseling will be provided within 2 business days
- ✓ Short term solution focused counseling
- ✓ Referral (if appropriate) to community based resources
- ✓ Follow-up

TYPICAL CONCERNS

- Relationships
- Emotional Health and Well Being
- Stress Management
- Substances
- Job Related
- Child or Family



WORKLIFE BENEFITS

Balancing the competing demands of work and family life can be a very difficult and frustrating task.

Work-Life Services include:

- ✓ Consultation with a Work-Life professional
- ✓ Referral to local providers and national services
- ✓ Comprehensive resource library of materials

CHILD CARE RESOURCE AND REFERRAL

- Day Care Centers
- Family Day Care Homes
- Back-Up Care
- Sick Child Care
- Nanny Agencies
- Lactation Support
- Summer Camps
- Adoption
- Public and Private Schools
- Tutors



ELDER CARE RESOURCE AND REFERRAL

- Assisted Living Facilities
- Nursing Homes
- Adult Day Care Programs
- Caregiver Support
- Retirement Communities
- Elder Hostels
- Meals On Wheels Programs
- Home Safety
- Elder Driving
- Geriatric Care Managers
- Hospice



EDUCATION

Whether you are moving to a new community and looking for new schools for your elementary and high school age children or starting the college process with your 17 year old, the choices can be overwhelming.

Consultation and Referrals for:

- Preschools
- Public and Private Schools K-12
- Tutors
- Colleges and Universities
- Technical Schools
- Continuing Education
- Adult Education Classes



HEALTH AND WELLNESS

Healthful living is a year-round endeavor.



Consultation and Referrals for:

- Fitness Centers
- Aerobics Classes
- Fitness Instructors
- Nutritionists
- Personal Health Coaches
- Smoking Cessation Support
- Weight-Loss Programs

DAILY LIVING RESOURCE AND REFERRAL

- ✓ Pet Sitters
- ✓ Apartment Rentals
- ✓ Relocation Support
- ✓ Caterers
- ✓ Consumer Information
- ✓ Travel Information
- ✓ Wedding Planners
- ✓ Home Helpers
- ✓ Plumbers
- ✓ *and much more*



LEGAL ASSIST

Legal Assist provides access to qualified legal advice and counsel, either by phone or in person, as determined by your need.

- Consultations are free, half-hour phone or in-person sessions with an attorney qualified to handle your issue.
- There is no limit to the number of times you can use the service for different issues.
- Coverage is available in all 50 states.
- You receive a 25% discount from your referred in-person attorney's hourly fee if you require his or her representation.
- Telephonic attorneys cannot self-refer, so you are assured unbiased advice.
- Valuable legal resources can be located online at www.inova.org/eap

FINANCIAL ASSIST

Financial Assist provides access, by phone, to qualified financial advisors to help you with your needs.



- Counselors address issues via a toll-free information line, and follow up by mailing supporting educational materials
- Additionally, advisors are available without an appointment Monday through Friday, or through pre-scheduled Saturday sessions
- Advice is objective and pressure-free
- All counselors are knowledgeable in a wide range of financial topics
- Financial resources can be located online at www.inova.org/eap

Wellness Coaching

- ✓ Support to manage stress, improve self-care and eat and sleep well
- ✓ Health Coaching offers one-on-one telephonic or virtual coaching sessions by certified health coaches who specialize in exercise physiology, dietetics, public health and so much more.
- ✓ Inova Well is here to support you on your journey to achieve your personal health and wellness goals by providing individualized, goal-oriented guidance, wellness education, strategy development and encouragement.
- ✓ Common wellness plans include:
 - ✓ Weight management and nutrition education
 - ✓ Sleep health and self-care
 - ✓ How to get started or stay on track with physical activity and exercise
 - ✓ Lifestyle management of chronic conditions (e.g., asthma, diabetes, cardiovascular disease, etc.)

INOVA WELL WELLNESS

Homepage Parenting Aging Mental Health Wellness Working Living International

For Employees For Supervisors Newsletters & Brochures Confidential Counseling iConnectYou Mobile App Coronavirus (COVID-19)

Inova Well Wellness +

Legal/Financial +

Savings Center +

Relocation Center +

How the EAP Can Help +

GoodRX +

Child Care +

Live Healthy +

Pets +

Grief and Loss +

Addiction and Recovery +

Confidential Counseling +

iConnectYou +

Aware Mindfulness Channel +



INOVA WELL WELLNESS

Inova Well provides an online portal for health tips, activity tracking and challenges. You also get access to a certified health coach to support you on your Wellness Journey.

[Read More:](#)
[Inova Well Wellness](#)



AWARE MINDFULNESS CHANNEL

Visit the Aware Mindfulness Channel to access short, audio mindfulness exercises that will help you focus, release tension and 'reset' for improved wellbeing.

[Read More:](#)
[Aware Mindfulness Channel](#)



ONLINE SEMINARS

Online Seminars are an interactive learning experience you can view at your convenience. Learn about upcoming Online Seminars or browse the On Demand archives.

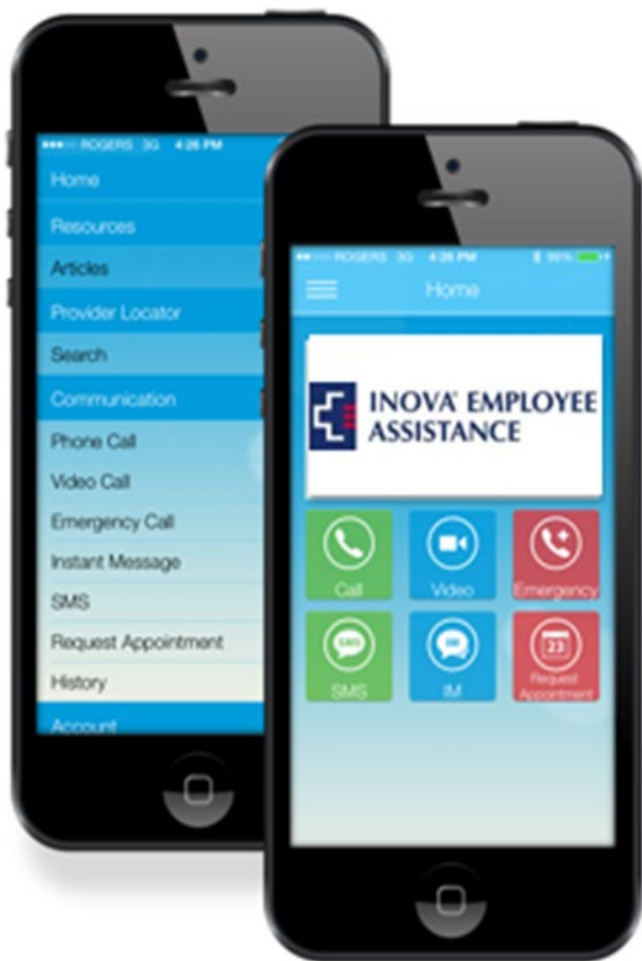
[Read More:](#)
[Online Seminars](#)

YOUR EMPLOYEE ASSISTANCE PROGRAM

WEBSITE

- ✓ Regularly updated information and links
- ✓ Monthly online seminars and skill builders
- ✓ Downloadable articles and tip sheets
- ✓ Self-search provider databases for education resources, pet sitters, attorneys, financial advisors, volunteer opportunities, and legal and medical encyclopedias
- ✓ Legal documents
- ✓ Financial and daily living calculators
- ✓ Savings Center providing 25% to 70% discounts on name-brand merchandise
- ✓ Spanish-language content
- ✓ Visit our website to see all this and more

iConnectYou App - YOUR EAP ON THE GO



iConnectYou is an app that instantly connects you with professionals for instant support and help finding resources for you and those in your household.

To access iConnectYou app:

iPhones: download the app from the App Store

Android: download the app from Google Play

****You will need to use the iConnectYou Code below when registering.**

iConnectYou Code: 195146



***Call the toll-free number if you need assistance
or if you have any questions about your
EAP benefits.***

***Toll Free: 800-346-0110
TTD/TTY: 877-845-6465***

Website: www.inova.org/eap

Username: Prince

Password: George