

Work/Life Website Link

Your link to a wealth of knowledge and resources

The Work/Life website is a dynamic, on-line resource for employees and their families to obtain expert advice and support. To log on, simply follow the steps below:

1. Go to www.eaccare.com and click on the Work/Life Resources link. This will direct you to the login page.
2. Enter the name of your employer into the "Username" box. If you have questions about your username, please contact EAC at 1.800.227.0905.



Improving Lives...at Work and at Home

What people are saying...

"The counselor was professional, courteous, and genuinely interested in assisting me."

- EAC client

"Services were above and beyond my expectations!"

- EAC client

"EAC has been a super resource to our employees, and I am grateful to have your services when I need to offer help."

-Human Resources Director



Stressed?

Overwhelmed?

Need to talk?

1.800.227.0905



Improving Lives...at Work and at Home

Some problems just can't be solved alone.

We all need help sometimes. Relationships are tested, children act out, parents become ill, plans fail, and emotions take on a life of their own. Recognizing that we may need help in these situations is the first and most important step to solving our problems. All too often, we don't know where to turn for assistance.

Your employer recognizes that any problem affecting your well being and happiness also affects your job performance and satisfaction. Employee Assistance Center (EAC) is a resource available to help.

EAC provides confidential assistance to you and your immediate family members whose personal problems are affecting your quality of life and/or job performance.

Our goal is to help you and your family lead a fuller and more productive life.

We can help...

EAC can help you and your family with a wide variety of issues, including:

- ◆ Personal Problems
- ◆ Depression
- ◆ Family Relationships
- ◆ Alcohol/Drug Problems
- ◆ Elder Care and Aging Concerns
- ◆ Child Care Referrals
- ◆ Grief and Loss Issues
- ◆ Financial Counseling Referrals
- ◆ Legal Referrals
- ◆ Stress and Anxiety
- ◆ Anger Management
- ◆ Domestic Violence

Your EAC counselor will help you:

- ◆ Identify problems and better understand the issues that caused you to seek assistance.
- ◆ Develop options and explore ways of addressing the problem(s).
- ◆ Decide on a course of action.

How do I access EAC?

It's easy to get the help you need. Just call 1.800.227.0905 to access convenient, professional and confidential assistance – 24 hours a day, seven days a week.

Where is the EAC offered?

No matter where you are, you can get the help you need through our network of counseling offices throughout the U.S. and Canada.

How much does it cost?

Your employer pays for a specific number of sessions per year with EAC for you and your covered family members per year. Contact your Human Resources department or EAC to determine how many sessions are covered. If you are referred to an outside resource for further counseling or other treatment, you will be responsible for any fees not covered by insurance.

Is EAC voluntary?

Unless your employer requires you to attend EAC as a condition of continued employment, EAC is voluntary. A supervisor may suggest using the program as a helpful resource.

Will using EAC jeopardize my job?

No. We're here to help you do your job as effectively as possible – so you can become even more valuable to your employer.

Is EAC confidential?

EAC is a strictly confidential service. No information, written or verbal, will be given to your employer or anyone else without your written consent.

Employee Assistance Center

Employee Assistance Center (EAC) is a benefit provided by your employer to help you and your family address personal problems and manage the demands of work and home life.

For free, **confidential** help with personal and family concerns such as:

- Substance abuse
- Depression
- Job-related conflicts
- Grief/loss
- Stress
- Anger
- Marital
- Financial referrals
- Legal referrals

Please call Employee Assistance Center:

Toll Free, 1.800.227.0905

www.eaccare.com