

## EAP with Coaching

**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.**

### We Are Here to Help

Employee Assistance Program (EAP) benefits are available to all employees and their families at NO COST to you. 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 our care team, or accessing online.

### EAP Services for Employees and Families

#### Confidential Therapy

Up to 10 free, short-term therapy sessions, per incident, per year, for relationship and family issues, stress, anxiety, and other common challenges. Sessions are available face-to-face, video or telephonic.

#### 24-hour Crisis Help

Toll-free access for you or a family member experiencing a crisis.

#### Online Peer Support Groups

10 free sessions of online support groups per 12 months for addiction recovery, anxiety, depression, frontline workers, grief and loss, parenting, and more.



## Your EAP provides a wide range of work-life services to help you manage a variety of challenges

### Adult & Eldercare Services

Get assistance in finding quality information and services including transportation, meals, activities, daytime care, housing, and more.

### Financial Help

30-days of access with a personal money coach who will work with the member toward financial wellness by identifying financial goals, assessing current financial situation, and providing a suggested detailed action plan.

### Legal Services

One 30-minute legal consultation per each separate legal matter at no cost, 25% reduction from the normal hourly rate if member retains attorney or mediator.

### Child & Parenting Services

Get information and support on parenting, school issues, adoption, daycare, and other important issues for parents.

### Personal Advantage

Unlimited access to articles, resources, videos, and assessments. Topics include health, finance, legal issues, personal growth, stress, family life and more. Visit [claremonteap.com](http://claremonteap.com) and select the Personal Advantage tab to get started.



## Digitally Enabled EAP

### Our program is designed to help reduce stress and keep you healthy.

- Bite-sized training is available from your desktop or mobile app.
- Access is confidential. Take the assessment and check your wellbeing score.
- Get personalized recommendations.
- Skills training to develop your resilience, stress management, and mental fitness.
- Up to 10 sessions with a coach via phone or unlimited asynchronous chat.
- Visit [uprisehealth.com](http://uprisehealth.com) and select the Digital EAP tab to get started.
- Create an account with your email and Employer Code.

