



## **Program Active September 1, 2024**

Dear Employee and Family Members:

We are pleased to announce an upgrade in your benefit package: ESI's TotalCare Employee Assistance Program -- or EAP, for short.

This free benefit offers you and your family a wide variety of tools and services to help with life issues or problems that might affect your daily life at work or at home. It also includes training and other resources for your personal growth and development.

**[Watch the Video!](#)**

**<https://www.theeap.com/video-library/totalcare-employee-orientation>**

Or view our handouts that highlights the services and benefits available through the EAP.

### **Here is a sampling of issues that your EAP addresses:**

Marriage & Family ▪ Stress ▪ Legal Problems ▪ Debt ▪ Childcare ▪ Elder Care ▪ Grief  
Pet Problems ▪ Education Planning ▪ Scholarships ▪ Depression ▪ Anxiety ▪ Taxes ▪ Wills ▪  
Smoking Cessation ▪ Wellness ▪ Adoption ▪ Substance Misuse ▪ Mental Health ▪ Divorce

### **Your EAP also offers thousands of personal and professional development opportunities, from webinars and online trainings to one-on-one telephonic coaching in the following areas:**

Certified Financial Coaching ▪ Home Purchasing ▪ Resilience ▪ Effective Communication ▪  
Balancing Life at Work & Home ▪ Student Debt ▪ Relaxation Coaching for Beginners ▪  
Workplace Conflict ▪ Practical Aspects of Retirement ▪ Succeeding as a Supervisor

In addition, the Lifestyle Savings Benefit includes a menu of discounts, rewards, and perks on thousands of products and services that you purchase every day.

There are many more benefits, so we encourage you to explore them and share them with your household. To access your EAP, simply call the **toll-free number 1-800-252-4555** to talk with a counselor or coach. You can also visit your EAP online at [www.theEAP.com](http://www.theEAP.com) for thousands of problem-solving resources and self-help tools.

**Your EAP is a free benefit, and your confidentiality is assured.** Nothing about your use of the EAP is shared with your employer unless you sign a release of information authorizing this. If you need help of any kind, we encourage you to take advantage of this no-cost, confidential benefit.

***Your EAP is here for you and your family members!***

# Your EAP Benefit Summary

Each of us encounters personal problems from time to time. We partner with ESI EAP to provide you with the best possible solutions for issues you or your family may face. **Your EAP is here to help.**

**The following free benefits are available for Employees and Family Members.**



## ✓ Counseling Benefits

Help from experienced Masters or Ph.D. level counselors for personal issues such as: relationships/ family, depression/anxiety, grief and more. Multiple counseling options include in-the-moment telephonic, live therapy through text messaging, chat, audio, and video, and in-person therapy.

## ✓ Peak Performance Coaching

Personal and professional coaching is available from senior-level ESI coaches. Get one-to-one telephonic coaching and support, as well as online self-help resources and trainings.

## ✓ Training And Personal Development Benefits

Access to our extensive library of online personal and professional development trainings in a variety of easy-to-use formats. Some training topics include: debt, budgeting, communication, business skills, working remotely, stress management, and emotional intelligence.

## ✓ Talkspace Go App

A mobile app with 400+ self-guided, interactive programs, live weekly therapist-led anonymous classes, on demand sessions and more. The App empowers couples, individuals, and parents to improve their mental health in as little as five minutes a day.

## ✓ Self-Help Resources

Access to thousands of tools, videos, webinars, self-assessments, financial calculators and informative articles covering virtually every issue you might face, such as adoption, relationships, legal and financial matters, cancer and other illnesses, and more.

## ✓ Work/Life Benefits

Assistance for financial and legal issues, child & elder care, LGBTQIA+ issues, military life, and more.

## ✓ Personal Assistant

Help for everyday issues, including finding a local medical or dental provider, summer camp options, pet care, and more.

## ✓ Wellness Benefits

Videos and resources to improve you and your family's overall health, including fitness, nutrition, diet, tobacco cessation, sleep health, and information on illnesses.

## ✓ Lifestyle Savings Benefit

Thousands of discounts, rewards, and perks in a variety of categories: Health & Wellness, Auto, Electronics, Apparel, Restaurants, Beauty & Spa, Flowers & Gifts, Sports & Fitness and more! Benefits are accessible from ESI's Member website.

Contact the EAP toll-free at **800.252.4555**. All calls are **CONFIDENTIAL** and answered by a Masters or Ph.D. level counselor; your counselor will work with you on a plan beginning with the first call. Or go to **www.theEAP.com** and create a username and password.

