As a healthcare worker, you face unique challenges...

Today, healthcare workers face special challenges – managing difficult patients and family members, cultural competence, health literacy and workplace safety. In addition to these on-the-job stressors, you juggle the challenges of personal and family issues.

Usually, we can handle problems on our own, but sometimes it makes sense to reach out for help.

HealthCare EAP provides the benefits and solutions to help you and your family deal with virtually any personal issue you may encounter. In addition, we provide the resources you need to deal with professional issues. We’re the only EAP specifically designed to address the unique challenges faced by healthcare workers.

And because your employer has covered the entire cost of services, there is no cost to you.

---

**GETTING THE HELP YOU NEED**

Call anytime for confidential assistance. To reach a counselor for any of your EAP needs, call toll free:

**800-225-2527 OR 800-252-4555 OR VISIT HealthCareEAP.com**

**COUNSELING BENEFITS**

Help with personal issues from relationships to stress and substance abuse.

**WORK/LIFE BENEFITS**

Assistance for other personal, financial and legal issues.

**INFORMATION RESOURCE BENEFITS**

Access a vast collection of self-help tools and articles.

**LIFESTYLE BENEFITS**

Discounts to help with fitness, nutrition and weight management.

**PERSONAL DEVELOPMENT BENEFITS**

Help balancing your work, life and career.

**WELLNESS BENEFITS**

Information and resources to improve your overall wellness.
HOW DOES THE EAP WORK?
Getting the help you need is simple. You can call the EAP 24 hours a day, 7 days a week to reach a professional counselor. Call our toll free number or visit our website to access other benefits.

800-225-2527 or 800-252-4555
HealthCareEAP.com

WORK/LIFE BENEFITS
Assistance for personal, family, financial, and legal issues is available for your everyday work/life problems, including:
- Debt counseling and restructuring
- Legal problems not related to employment or medical concerns
- Child care and elder care assistance
- Financial information
- Caregiver help and resources
- Real estate and tenant/landlord concerns
- Interpersonal skills with family and co-workers
- Pet Help Center

Self-help Resources give you access to a vast collection of thousands of tools and informative articles covering virtually every problem you might face. You can call or log on to the website to access these benefits. Some available resources include:
- Behavioral Health - information on everything from alcohol abuse to personal stress
- Financial - articles, tools and information to help with virtually every financial question
- Legal Information - topics ranging from adoption to wills
- Tools for Tough Times - resources to assist with difficult financial issues

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. Coaching is available for:
- Certified Financial Coaching
- Balancing Life at Work and Home
- Resilience
- Effective Communication
- Home Purchasing
- Student Debt
- Yoga & Relaxation for Beginners
- Workplace Conflict
- Retirement
- Succeeding as a Supervisor

HEALTHCARE EAP RESOURCE CENTERS
Our online Resource Centers offer healthcare-specific tools, links, and articles on hot-button issues, challenges and opportunities, such as:
- Cultural competency, health literacy and communication challenges
- Workplace safety and violence
- Social media for healthcare staff
- Patient and family challenges
- Money-saving tools and tips for healthcare workers

LIFESTYLE BENEFITS
Your Lifestyle Benefits include discounts to help you enhance your quality of life. Call or check the website for nutrition, fitness and weight loss discounts.

CAREER DEVELOPMENT AND TRAINING BENEFITS
Our online training and resources help with personal growth. If you are a supervisor or hope to become one, we offer an entire online supervisory training resource. You can balance your work, life and career objectives with the help of tutorials, exercises and worksheets.

WELLNESS BENEFITS
The EAP wellness benefit allows you to access information and resources to improve you and your family’s overall wellness including stress reduction, fitness, diet and smoking cessation.
- Online Wellness Center

MORE BENEFITS FOR YOU
Your EAP provides access to more problem solving solutions than any other EAP. And nearly 99% of those who use the EAP are satisfied with the experience.