

## LEARN MORE ABOUT THE EMPLOYEE ASSISTANCE PROGRAM (EAP)

# EAP 3 Visit Plan

## What is an EAP?

An EAP is a confidential worksite-based program designed to assist both employees and employers. An EAP provides assessment and referral — in person and over the phone — for personal matters. Each eligible employee<sup>1</sup>, along with each eligible employee's dependents, is entitled to three visits (or sessions) free-of-charge per calendar year. Also, telephone intakes and information calls regarding EAP services are free and unlimited.

## Assessment and referral services

### Personal concerns

- Stress
- Crisis
- Psychiatric disorders
- Medical problems
- Work-related difficulties
- Marital and family issues
- Emotional concerns
- Relationship issues
- Life adjustments
- Alcohol and drug problems

### Financial

- Financial planning
- Retirement planning
- Investment strategies
- Money management

**1.** Employee eligibility based upon contract terms. Contact your employer for EAPC's eligibility requirements. All services must be arranged by EAPC who is wholly responsible for provision and administration of the EAP.

### Childcare

- Assess childcare needs and explore care options
- Adoption resources
- Referrals for an array of childcare arrangements, camps and schools
- Identity theft resources
- Behavioral health library — Legal/financial articles — Sample legal documents
- Smoking cessation program

### Eldercare

- Resources and referral for both public and private eldercare facilities
- Consultation on evaluation of facilities

### Legal

- Consultation provided for an array of legal issues, including family law, housing and real estate and estate planning
- Simple will prepared at no cost
- 25 percent discount on standard attorney hourly rate for services rendered beyond scope of EAP

### Academic resources

- SAT and other testing resources
- Tutors
- College planning guides
- Sources of financial assistance

### Pet services

- Referrals for breeders, kennels, veterinarians, etc.
- Pet services guide

## Who is EAPC?

EAP services are provided through EAP Consultants, LLC (EAPC). EAPC is a private company with a diverse network of licensed professionals, including clinical providers and consultants. All EAP services are completely confidential pursuant to current US laws and regulations.

EAPC's services include access to highly experienced clinical providers that include licensed psychologists, clinical social workers, professional counselors, marriage and family therapists and alcohol and drug counselors.

Consultants include attorneys, financial advisors and elder care and child care specialists. EAPC also offers online services to fit a wider array of needs.

EAP professionals will help employees identify and clarify concerns and develop a plan of action to create solutions that work. If additional assistance is needed, EAPC will assist employees in finding resources that may be covered by their insurance and meet their financial capabilities.

### Note

EAPC is neither affiliated nor under common control with OneAmerica or AUL, and AUL only markets EAPC products.

For detailed information, contact EAP Consultants, LLC at **1-800-869-0276**. To confidentially request services online, visit the member access page at [www.eapconsultants.com](http://www.eapconsultants.com). The password is OneAmericaEAP.