

# Your EAP Benefit Summary



## For Employees and Family Members

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



**i** The following **FREE** benefits are available on a **CONFIDENTIAL** basis.

- **COUNSELING BENEFITS**  
Help from experienced Masters or Ph.D. level counselors for personal issues such as: relationships/family, depression/anxiety, grief and more.
- **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**  
Online Training options designed to help you grow and develop both at work and in your personal life. Some of the topics covered are: budgeting, debt, communication, stress management, team building and emotional intelligence.
- **SELF-HELP RESOURCES**  
Self-help Resources give you access to a collection of thousands of tools, videos, financial calculators and informative articles covering virtually every issue you might face, including adoption, relationships, legal, financial, cancer and more.
- **WORK/LIFE BENEFITS**  
Assistance for financial, legal, and child & elder care.
- **PERSONAL ASSISTANT**  
Help for everyday issues, including finding a local medical or dental provider, summer camp options and more.
- **WELLNESS BENEFITS**  
Videos and resources to improve you and your family's overall health, including fitness, diet and tobacco cessation.
- **LIFESTYLE BENEFITS**  
Discounts to help with fitness, nutrition and weight management.

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.HigherEdEAP.com** and create a username and password.

www.HigherEdEAP.com | 1.800.252.4555

*We're Here for You and Your Family Members!*