



# CORE EAP Benefit Summary

Maintaining work-life balance is more stressful than it's ever been. An Employee Assistance Plan (EAP) provides a variety of counseling, consultations, resources, and coaching benefits for you and your family members to help with small concerns, big problems, and everything in between. Let us help you with the issues and concerns you need. Here are some of the issues and concerns we can help with:

- 9 Managing Stress
- 9 Personal Family or Legal Issues
- 9 Resources for Elder Care
- 9 Relationship Concerns
- 9 Caring for Elderly Family Members
- 9 Managing Budgets and Debts
- 9 Personal Growth & Development
- 9 Credit Concerns and Reports
- 9 Legal Questions & Concerns
- 9 Coping with Anxiety or Depression
- 9 Identity Theft Resolution
- 9 Tax-Related Questions

Service provided	Per Person	Services provided are confidential and at no cost to the employee
Phone-Based Support	Unlimited	Call us anytime you have an issue, concern, or question. Calls are answered by masters-levelled clinicians.
In-person Counseling	Sessions per issue, per year	Confidential, in-person assessment and counseling with a licensed mental health therapist near your home or work location. Each member of your family is eligible for counseling services for each separate incident or set of circumstances within a rolling 12-month period. *incidents involving multiple family members will be assessed based on specific circumstance
Telephonic Life Coaching	Sessions per year	Confidential scheduled telephonic sessions with a life coach for matters such as improving time management skills, work-life integration, goal setting, communication skills, and other areas of personal growth. Sessions renew annually.
Telephonic Financial Consultation	1 session per issue	For each separate issue/concern a 30 minute telephonic consultation with a financial professional with expertise in the area of concern. Access to a free financial check-up, financial library and a large variety of financial tools & calculators at <a href="http://efr.clcmembers.com/">http://efr.clcmembers.com/</a> .
In-Person or Telephonic Legal Consultation	1 session per issue	For each separate issue/concern a 30 minute telephonic or in-person consultation with a licensed attorney with expertise in the area of need. If the member chooses to retain the attorney for ongoing legal representation, it will be provided at 25% discount off the attorney's usual rate. Access to over 5000 free self-help (& fill-in) legal documents and a variety of other legal information is available at <a href="http://efr.clcmembers.com/">http://efr.clcmembers.com/</a> . All legal issues are covered except employment related, which are specifically excluded.
Eldercare Resources	As needed	Information, referral resources and support for those caring for an aging parent or other family member, including connections to local resources for in-home care, alternative living arrangements, legal and financial issues and more.
Childcare Resources	As needed	Childcare resource referrals where locally available. Referrals are only to state licensed/ certified childcare providers.
Identity Theft Resolution Services	As needed	Services will be provided by a highly trained FCRA certified fraud resolution specialist (or licensed attorney) assisting with restoring identity and good credit.
Additional Benefits & Resources		Real Life Solutions (monthly newsletter), monthly topical live webinars, a library of previously recorded webinars and recorded benefit orientation webinars and other information is available via your HR manager or on our website <a href="http://www.efr.org">www.efr.org</a>

