

We're Not Your Grandfather's EAP!

In most instances, Employee Assistance Programs serve one primary function – to provide counseling services. Indeed, as your EAP provider, we take pride in offering you and your covered family members the very best in professional counseling assistance. But we also realize that in today's complex world, individuals are confronted by all sorts of challenges that require *practical solutions* rather than traditional counseling. That's why you are fortunate to be covered under our TotalCare EAP program, which provides both!

The TotalCare model recognizes that any of us can experience hundreds of concerns that fall into one of four major categories:

- **Personal:** These can range from stress management to navigating life's transitions to improved health and fitness.
- **Family & Relationships:** Includes everything from parenting skills to military separation to adoption assistance to resources for parents of children with special needs.
- **Financial & Legal:** Ranges from retirement or education planning to debt management to immigration issues to creating a will or trust.
- **Work & Career:** Do you need to develop new and advanced skills or learn to be a better member of your work team? Your EAP is prepared to assist you!

Not only does your TotalCare EAP help you address a huge range of problems – we also offer the largest menu of possible solutions for each, ranging from professional consultations with experts to hundreds of videos, articles, screenings and online trainings.

Like traditional EAPs, we are *always* standing by to help you address personal and family crises in a dignified and confidential manner. But we also believe that as your EAP, we should not limit our mission to providing only traditional counseling – thus, our commitment to helping you with the *totality* of life issues you may be facing!



Workplace statistics indicate that one out of five employees will likely experience a major problem during the coming year which will significantly disrupt life at home and productivity at work. Your EAP is standing by 24 / 7 / 365 to assist should you be confronted by a serious problem of this nature.

But with your TotalCare EAP coverage, we are also available to help with the lesser challenges which may pop up in the days and months ahead – challenges that may develop into major problems if postponed or mishandled. These might include:

- Providing financial calculators to help you determine the best way to finance a new car
- Assisting in transitioning an elderly relative to a more appropriate living arrangement
- Helping you find solutions to cyber concerns involving your children
- Helping you improve your nutrition

To learn more about the TotalCare solutions available to you, go to www.theEAP.com and log in or call to speak personally with one of our professional counselors. During 2010, your EAP looks forward to providing you with first-rate counseling services when needed, as well as creative “real world” solutions for the rest of your concerns!