

## Explore Your EAP Wellness Tools!

Hippocrates, the father of modern medicine, declared in 300BC that “Health is perhaps the greatest of human blessings.” But unlike those who lived in the time of Hippocrates and attributed good health to “good fortune,” we now realize that *how* we live determines how *well* we will live. Do you know that your Employee Assistance Program provides you with a robust “toolbox” of wellness components? Here are a few ideas about how to best use these resources which can be accessed at your EAP Information Resources site ([www.theEAP.com](http://www.theEAP.com)).

- **Take stock:** Before you can make changes, you need to determine the current status of your health. There are multiple health risk assessments - including depression, alcohol, cardiac, diabetes, fitness and overall wellbeing - available under *Physical Health* which are totally confidential and can be taken in the privacy of your home. Each assessment will culminate in recommendations and suggestions for making specific improvements.
- **Make changes economically:** As an EAP member, you are entitled to deep discounts and special reduced pricing on a wide range of highly reputable products and services that will help you make necessary lifestyle changes. These are clearly explained under *Lifestyle Benefits* and include great “deals” from Jenny Craig®, Bally’s Total Fitness®, SmokEnders®, Apex Nutrition®, Healthtrax Personal Fitness® and online fitness coaching from Workouts For You®.
- **Keep informed:** You can monitor the status of the H1N1 influenza day-by-day nationwide as well as in your locality by simply clicking on H1N1 in the left hand drop down.

- **Take a training:** For example, do you need to learn the difference between “systolic” and “diastolic” and why this information is essential? An easy to understand audio course can be accessed by clicking on Heart Health in the left hand topical dropdown.
- **Help your doctor:** Do your “homework” prior to meeting with your physician to discuss a problem or malady. Select a relevant topic from the 681 health and wellness videos available under *Physical Health*, take notes that seem to apply to your condition and share with your doctor. The beneficial results are often three-fold: 1) an accelerated diagnosis; 2) possibly fewer diagnostic tests required; and 3) an elevated level of discussion – which your physician will appreciate!



- **Remember the relationship between emotional and physical health:** Need to talk about a personal situation with a professional counselor? Don’t put it off! Your EAP provides direct access to Masters and Doctoral degreed counselors 24/7/365 and all discussions are HIPAA protected. When you call your EAP, it is our goal to initiate the healing process *immediately* in a non-judgmental manner.

If you agree that “The first wealth is health” – your Employee Assistance Program provides you with resources, tools, assessments, videos – basically all that you will need to make 2010 a truly transformative year!