

## Bet You Didn't Know That...

- **You possess a personal library of 1,998 health & wellness videos?** Well, you do and these can be found at your EAP Information Resources Website under Physical Health. Learn more about conditions that we're hearing a lot about lately, such as Peripheral Artery Disease, or explore hundreds of other topics presented to you by top physicians and researchers in a clear and understandable manner.
- **You possess 167 easy to use financial calculators?** Well, you do and these are located at the Information Resources site under Financial. Should you opt for 0% financing or take the cash rebate when purchasing a car? Simply "plug in" the numbers, hit *calculate* and you will know instantly which plan will save you money – and exactly how much. These calculators eliminate the guesswork!
- **You can access a complete listing of childcare and eldercare service providers in your area with a keystroke?** Well, you can by visiting the Work & Life section of your Information Resources site, selecting the specific service you require and simply entering your zip code. A listing of licensed centers, agencies and professional organizations will instantly scroll. Then click on the providers that interest you and you will immediately have current and correct contact information.
- **You have access to a wide range of online trainings to sharpen your personal and professional effectiveness?** Well, you do and are encouraged to explore the full range of topics available under Personal Development & Training. from *Business Writing Basics* to *Recognizing and Preventing Burnout*.
- **You have a "personal assistant" to help you with research ranging from locating a medical provider within your insurance network to landlord responsibilities and consumer rights?** Well, you do and contacting your personal assistant is easy! Simply log on to the EAP Information Resources site [www.theEAP.com](http://www.theEAP.com) and click on **Contact A Personal Assistant** under Featured Solutions. This will open up to a field where you can submit a question and describe your need in detail. Or you may speak with a personal assistant directly by dialing the toll-free numbers at the bottom of this newsletter and selecting option #1.
- **You have instant access to 114 legal templates and forms?** Well you do, so there's no excuse for not completing your will – or preparing a correct bill of sale for your boat! Just click on to Legal at the Information Resources site and select *Forms*.
- **You have a robust cyber-safety resource center at your disposal?** Well, you do, so now you can learn how to protect yourself from Internet scams, hoaxes or identity theft and what to do if you fall victim to these. Also become aware of cyber-bullying and "sexting" which can damage your child's self-esteem and reputation. This important information can be found at the EAP Information Resources site under Featured Solutions.



Bottom line – your EAP provides you not only with the finest counseling services but also the most current information on hundreds of topics – all in an effort to enhance and elevate your life.