



Taking Matters into Your Own Hands!



There are several ways to access your EAP benefits and services – our counselors and coaches are always available. But many people like exploring resources privately on their own. **Our Self-Help Resource Center** is designed for just that, with over 25,000 webinars, expert articles, tools, tutorials, trainings, and video resources. You and your eligible family members can log in and explore at will.

Simply log in to www.HealthCareEAP.com. Here's just a small sampling of what you'll find:

Family Issues: Parenting and Family • Elder and Child Care Resource Locators • Domestic and Workplace Violence Resource Center • Pet Resources

Health and Wellness: Cancer, Diabetes and Other Illnesses • Health Assessments • 700+ Health Videos • Nutrition • Fitness

Money Matters: Personal Finance and Education • Financial Assessments and Tutorials • Debt and Debt Restructuring • 150+ Financial Calculators • Home Ownership and Mortgages • Taxes and the IRS

Legal Concerns: Wills & Forms • Legal Information and Templates • Landlords & Tenants • Divorce & Child Custody • Retirement & Elder Care

Mental & Behavioral Health: Emotional Wellbeing and Resilience • Articles and Videos on Personal Problems • Stress Grief and Loss • Depression • Trauma

Self-Improvement: 100+ Personal Improvement Webinars • Lifestyle Savings Benefits & Discounts • Over 8,000 Personal & Professional Development Trainings

E-Learning Popular Picks

Check out a few popular picks from our 8,000+ E-Learning courses and trainings. Simply log in at www.HealthCareEAP.com, click the "Training Center" icon and choose the "New & Improved Trainings" icon.

- **Time Management: Managing the Time of Your Life, Part 1** | Course ID: **SVL_102158**
6 minute video, the first in 8 parts with strategies to help you make the most of your time.
- **NEW! Recovering from a Personal Disaster** | Course ID: **SVL_1020691**
8 minute video on steps to help ease the transition back to work and take care of yourself after experiencing a serious disruption to everyday life.
- **Collaborating Remotely with Teammates** | Course ID: **SVL_1020753**
8 minute video to help you learn about key strategies for virtual collaboration with your teammates.

Pandemic Tax Time Tips

- ✓ Pandemic stimulus payments are not taxable.
- ✓ If you received unemployment, that is taxable.
- ✓ If you didn't get Economic Impact Payments or received less than you were entitled to, you may be eligible to claim the **recovery rebate credit**, but must file a tax return to claim it.
- ✓ The IRS suggests filing electronically and choosing direct deposit to avoid pandemic-related paper delays.
- ✓ Many families, seniors, and military members can save money with **IRS Free File** for online tax prep, electronic filing, and direct deposit, at no cost.
- ✓ Tax scams are always big this time of year. Don't be a victim - the IRS has a list of **tax scams to avoid**.

Covid Fatigue Relief Kit

**COVID FATIGUE
RELIEF KIT**

Check it Out!

