



**Public Safety**  
**EAP** *A division of ESI*

## Lifestyle Benefits

One of your most important EAP Benefits

*We offer a variety of value-added wellness benefits designed to help you improve your life.*



To access these benefits, you can call the EAP at **1-888-327-1060** or log on to the website, **www.PublicSafetyEAP.com**. Click the **Lifestyle Benefits icon** to learn about the range of discounted services available.

**\*Please note: Available benefits may vary by season and geography.**



### BENEFITS AVAILABLE:

#### APEX NUTRITION/FRESH FIT LIFE

Receive a free online nutrition analysis with feedback on eating and lifestyle habits. Individualized nutrition plans are available to purchase.

#### HEALTHTRAX FITNESS & WELLNESS CENTER

Receive a free one-week membership along with a discounted enrollment fee.

#### JENNY CRAIG

Receive a free 3 Month Program + \$70 in food savings OR save 50% off Premium Programs (food cost is separate). (Discount offered online only).

#### LA FITNESS

FREE initiation when you join - a \$99 savings. (Discount offered online only).

#### NUTRISYSTEM

Special reduced cost on your first two orders. (Discount offered online only).



### TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to **www.PublicSafetyEAP.com**
2. Click on the **Employee & Family Login** button
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps 4-7.**
4. Click on **REGISTER HERE**
5. Enter your **Employer's name** and click **Continue**.
6. Your employer's name will appear; select the button and click **Continue**.
7. Fill out the Registration Form and create your own User Name and Password, then click **Continue**. **You only need to register once.**

www.PublicSafetyEAP.com | 888.327.1060

*Your EAP is here for you and your family members!*