



VITAL WorkLife's Employee Assistance Program is a comprehensive set of services and support to help employees and their families meet life's challenges. We focus on supporting organizations with behavioral health solutions for not only employees, but also teams, supervisors and leadership. Our program involves everything from dealing with depression and stress, to chemical dependency and relationship counseling, to coaching and consulting to help organizations be more productive.

Employee Assistance Programs have consistently proven to improve productivity and reduce costs:

- Untreated depression causes more than 200 million lost work days, with the annual cost more than \$43.7 billion in absenteeism from work, lost productivity and direct treatment costs¹
- Employees say
 - 50% say employer-sponsored programs encourages to work harder & perform better
 - 59% acknowledged programs give them more energy to be productive at work
 - 43% reported missing fewer work days because of their participation²
- For every dollar invested in an EAP, businesses see a return of \$5 to \$16³

Why VITAL WorkLife?

With over 30 years of experience and hundreds of thousands of covered lives, VITAL WorkLife provides proactive and professional resources with broad geographic coverage for your organization. We're still a group of professionals with a shared vision and commitment to offer personalized support.

Our goal is to help your organization and employees recognize and resolve problems before they become unmanageable and cause lost productivity through absenteeism and presenteeism (at work but not being productive).

Employee Assistance Program

Pathways to Well Being



Productivity for Organizations. Well being for Individuals.

Comprehensive services to help employees, their families and organizations deal with work and life challenges:

- Face-to-face counseling sessions with experienced behavioral health consultants
- Unlimited telephonic personal counseling available any time of the day or night, every day of the year
- Unlimited telephonic management and supervisory coaching and counseling
- Support for supervisors doing employee performance-based referrals
- Chemical use assessments
- Telephonic nurse peer coaching
- Legal and financial consultations and referrals
- Private member portal with online resources:
 - Articles & Videos
 - Self-paced training courses
 - Self-assessments & Calculators
 - Tools and more

Utilization reporting and best practice recommendations help organizations maximize their investment in supporting their employees while driving productivity.



Experienced & Confidential

Supportive counseling and coaching are at the core of all the services we offer. Our network of over 50,000 master's and doctorate level counselors ensures employees get the help they need. We ensure absolute confidentiality around all our services, with the exception of performance referrals, where both manager and employee are made aware of confidentiality limitations.

We Get Results

Employee Assistance Programs are a critical time and money saving resource for employees and managers, especially at a time when everyone is doing more with less.

VITAL WorkLife offers a wide variety of integrated solutions designed to help employees be healthier, happier and more productive while on the job. Supportive counseling and coaching are at the core of all our services to help managers, supervisors, employees and their families cope with life's challenges, both in their personal lives as well as the workplace.

Support for Employees & Families

VITAL WorkLife offers a wide variety of integrated resources designed to keep your employees on the job—and help them be as productive as possible—while helping them confront life's major challenges. We also help employees manage a wide variety of work and life challenges to minimize distractions during work hours. As chemical dependency is one of the most serious problems facing many organizations, addiction evaluation and referral is part of our core services, provided at no extra cost.

Support for Managers & Supervisors

Most employees who use our EAP services contact us on their own—but an organization's managers and supervisors are often the first to observe various employee concerns and issues, such as anxiety, depression, poor work performance, safety issues, interpersonal conflict or substance abuse. We offer unlimited management consultation to help managers and supervisors effectively deal with workplace challenges. We offer extensive web-based resources to provide the information and tools 24x7x365.



1. Side Effects of Untreated Depression, WebMD, Reviewed by Joseph Goldberg, MD May 04, 2013 <http://www.webmd.com/depression/guide/untreated-depression-effects?page=2>
2. Workplace wellness programs benefit employee retention, productivity June 16, 2014 <http://hr.blr.com/HR-news/Benefits-Leave/Employee-Wellness/Workplace-wellness-programs-benefit-employee-retention-95501#>
3. US Department of Labor, What Works: Workplaces without Drugs. (1990), p.17, https://www.investeap.org/employers/why_costbenefit.asp

VITAL WorkLife, Inc.™ is a national behavioral health consulting organization providing support to people facing life's challenges, while also assisting organizations in improving workplace productivity. We have deep experience in healthcare, especially assisting physicians and providers in dealing with the challenges facing their profession. This approach of helping employees and their families, while also guiding organizations, builds healthy, sustainable behaviors. For over 30 years, we have offered industry leading Employee Assistance Programs, specialized support, training and consulting for a wide variety of industries.

We help people and organizations build pathways to well being.



For additional information, visit VITALWorkLife.com
or call 800.383.1908.