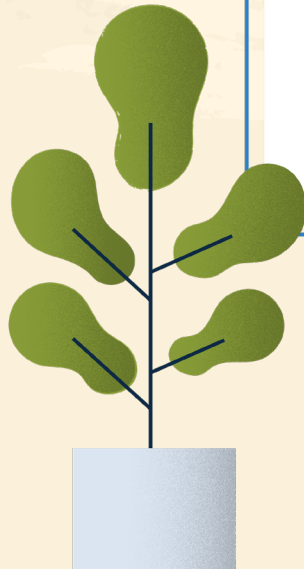


Employee Assistance Plan

Lee's Summit School District

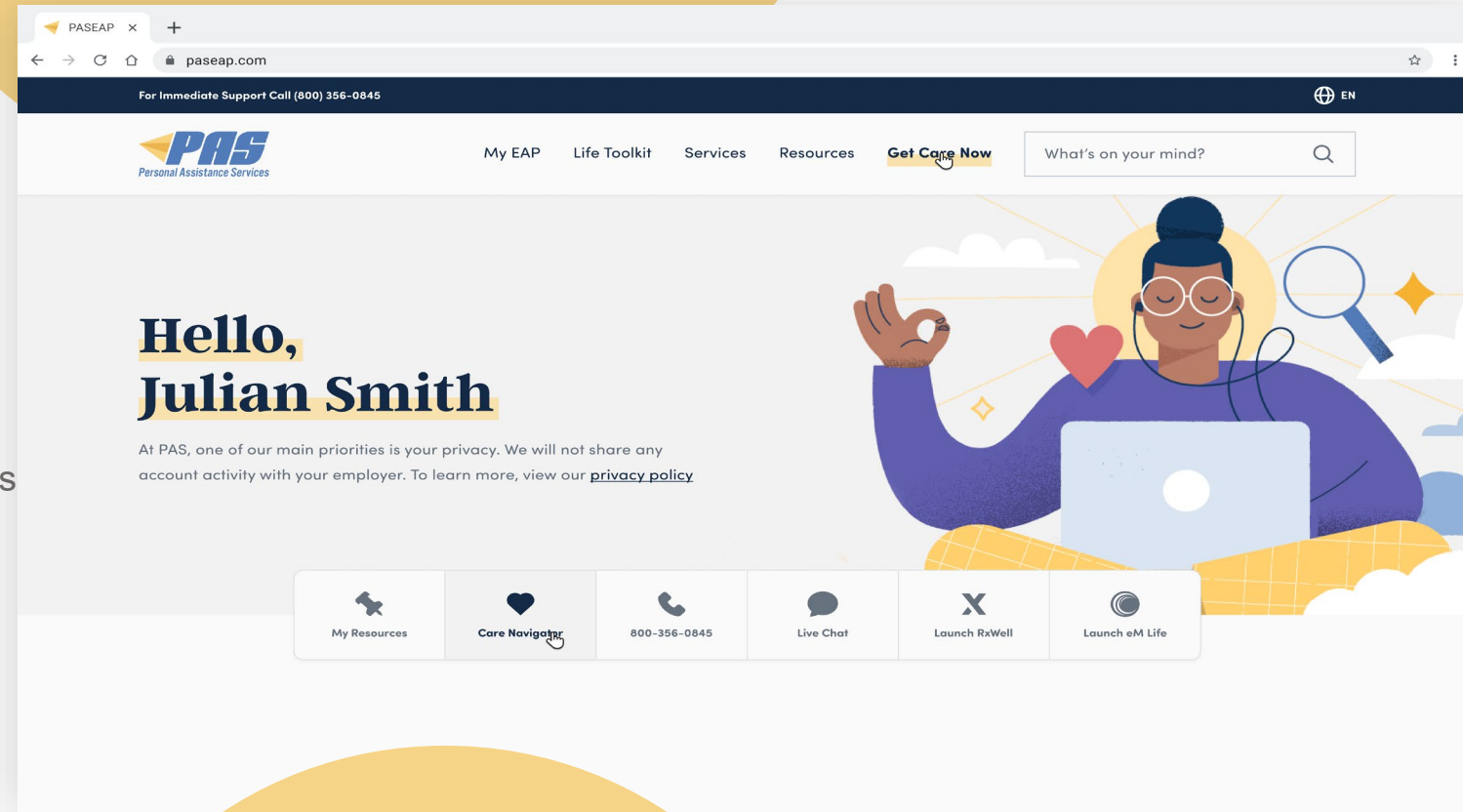
May 2023



myPASEAP.com
myPASapp

Member Portal

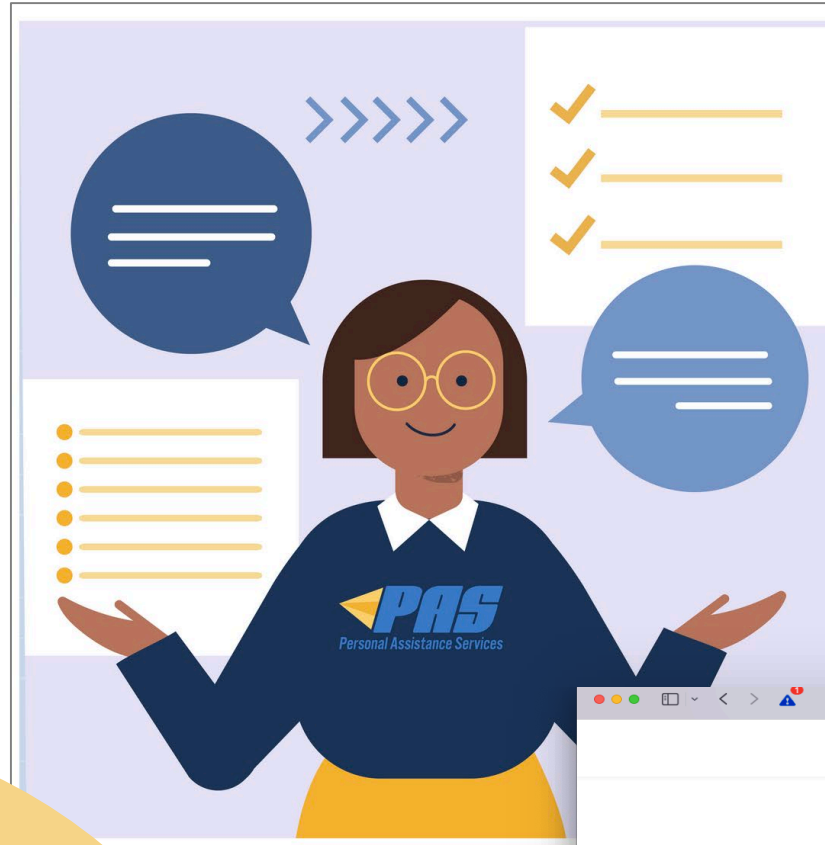
- Secure single user login, optimized user navigation, and participant-centric tools
- Accessible via all mobile devices
- Centralized access to PAS's care navigator, PAS's scientifically validated digital learning & practice platforms (emLife, RxWell, MindHealth Matters)
- Ability to connect directly with a PAS counselor via voice, live chat, text, email
- Interactive microtrainings
- Legal, Financial, and LifeTools resource centers, LifeMart Discount center



Lee's Summit School
District-specific resources

Digital Care Navigator

Personalized guidance to services and resources customized to the participant

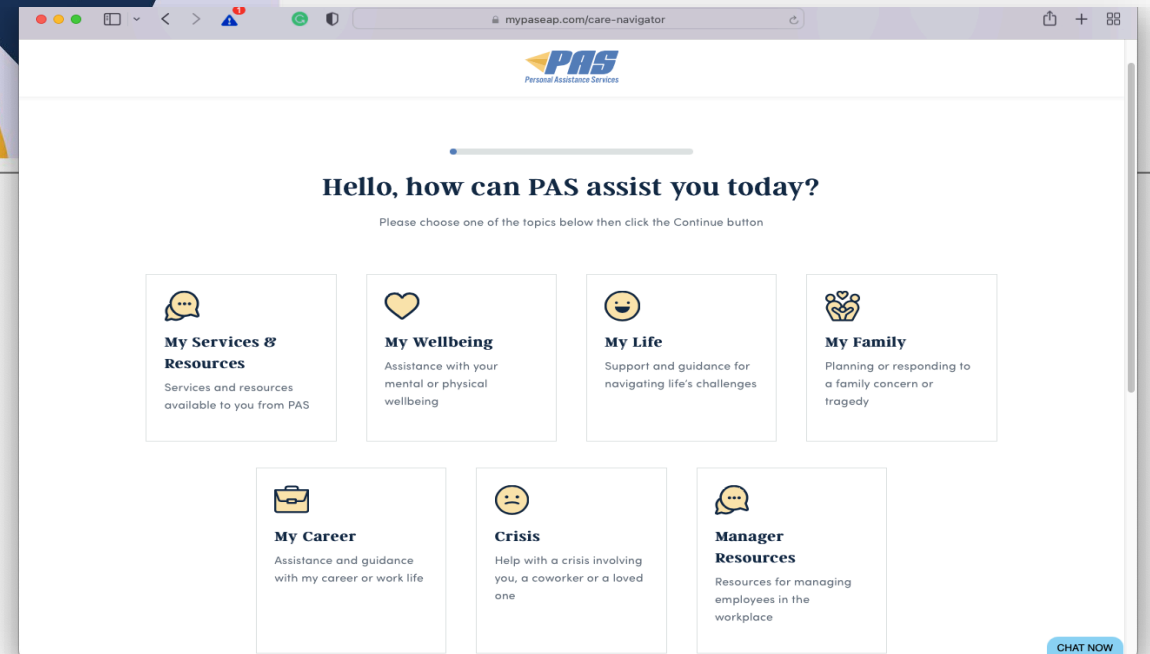


DIGITAL NAVIGATION TO PAS SERVICES AND RESOURCES

How can PAS assist you today?

Need help finding care? Try our digital care navigator to find recommended services and resources available to you based on the topic of your choice.

Care Navigator












- Choose area of interest or concern
 - Take a brief assessment
- Receive severity/urgency stratification
 - Recommended plan of action:
resources, services and level of care

Schedule services with a PAS Human Care Navigator

Member Resources




ON DEMAND TRAINING

Micro Training for Employees




 Avoiding Burnout <p>Burnout can make you feel disconnected and apathetic. This microtraining is an opportunity to identify signs of burnout and possible...</p> <p>Micro Training →</p>	 Bullying in the Workplace <p>No one wants to face bullying in the workplace, but unfortunately, it does happen. This training will empower you to identify potential bullying and/or...</p> <p>Micro Training →</p>	 Caring for an Aging Loved One <p>At some point in our lives, many of us find ourselves in the role of caretaker to someone we love, like a parent or grandparent. Knowing how to include...</p> <p>Micro Training →</p>
 Children and Divorce <p>Divorce is stressful, and when children are added to the mix, it can add complexity. During this microtraining, you'll learn how to talk to kids about...</p> <p>Micro Training →</p>	 Choosing Retirement <p>With increasing lifespans and earlier retirements becoming more common, there is more flexibility in choosing how to spend one's retirement. Assuming...</p> <p>Micro Training →</p>	 Coping with Grief and Loss <p>Experiencing some sort of loss will inevitably happen to everyone. And while the grieving process is unique for each individual, being able to identify...</p> <p>Micro Training →</p>
 Daily Money Management	 Enhancing Communication	 Getting a Divorce

POPULAR RESOURCES

Digital care solutions

 eM Life <p>Purpose-driven mindfulness and wellbeing education solution.</p> <p>Learn more →</p>	 MINDHEALTH MATTERS <p>State-of-the-art, engaging and interactive digital monthly magazine.</p> <p>Learn more →</p>	 RxWell <p>Interactive exercises and in-the-moment relief techniques.</p> <p>Learn more →</p>
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Available Online Resource Centers







 Legal Resource Center <p>Accessible 24/7 from PAS' member portal, this center includes do-it-yourself legal documents and topical</p>	 LifeMart Discount Center <p>Cost savings on everyday goods and services: child care, education, furniture and appliances, automotive services,</p>	 Member Resource Center <p>Hundreds of articles and videos on a host of wellbeing topics accessible from your member portal. Ability to pin</p>
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CHAT NOW

https://mypaseap.com/life-toolkit

CLICK ON A TILE BELOW TO LEARN MORE

PAS Offers Assistance for Any Life Event

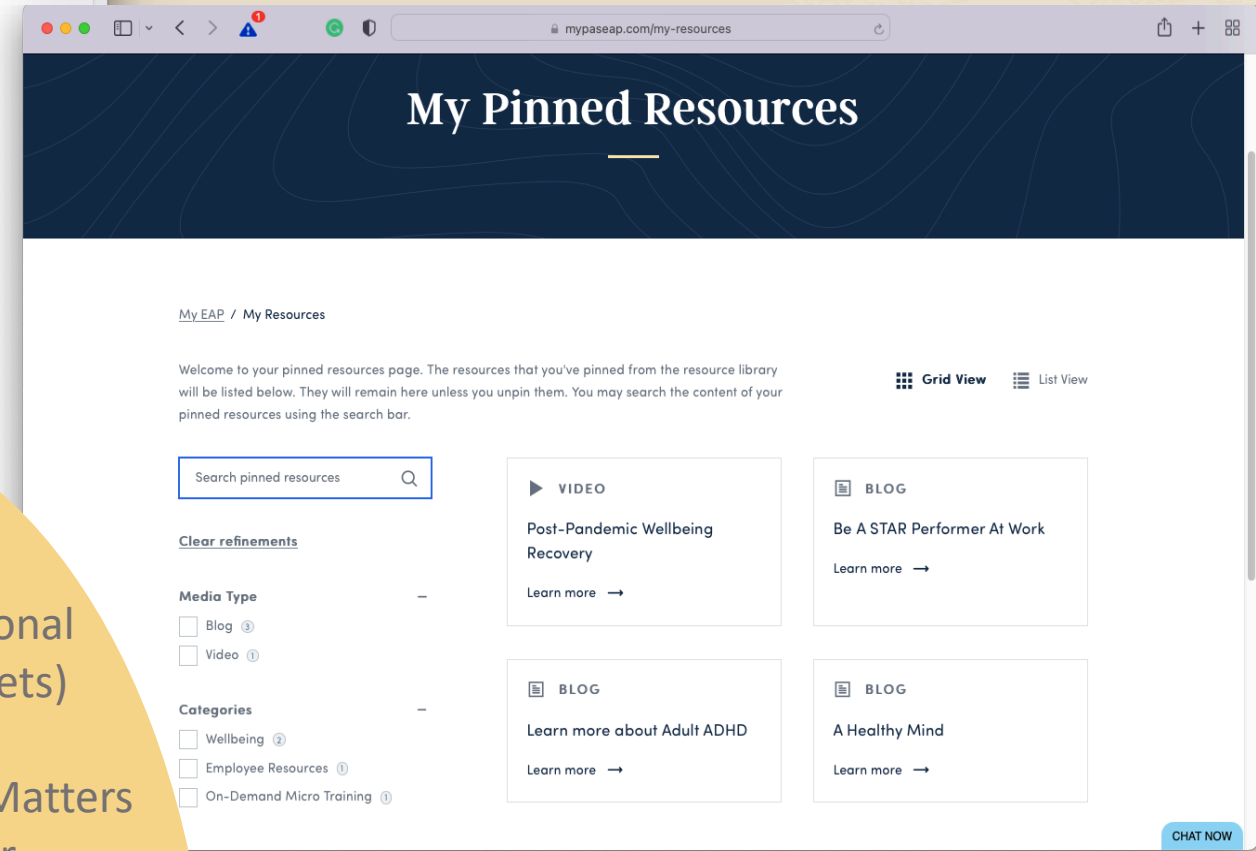
 Living on Your Own <p>Explore ways you can thrive in work and relationships, or speak with a certified money coach about budgeting and planning for the future</p>	 Marriage & Divorce <p>Visit with a counselor to explore how to best thrive together as partners, combine households, and adjust to new roles within your family</p>	 Starting a New Family <p>Speak with a certified health coach, childcare specialist, or lifestyle and wellbeing coach for resources and assistance with your growing family</p>
 Raising Children <p>Speak with a certified child development expert, a certified parenting coach, or a</p>	 Work-Life Balance <p>Speak with a life coach for personalized guidance to achieve goals, make</p>	 Mental & Physical Health <p>Meet with a licensed counselor, speak with a licensed dietician, or talk with a</p>

Lee's Summit School District- resources

Spanish



Pinned Resources



- Favorites for regular daily use (personal calculators & worksheets)
- Monthly MindHealth Matters digital newsletter
- Resources for future viewing