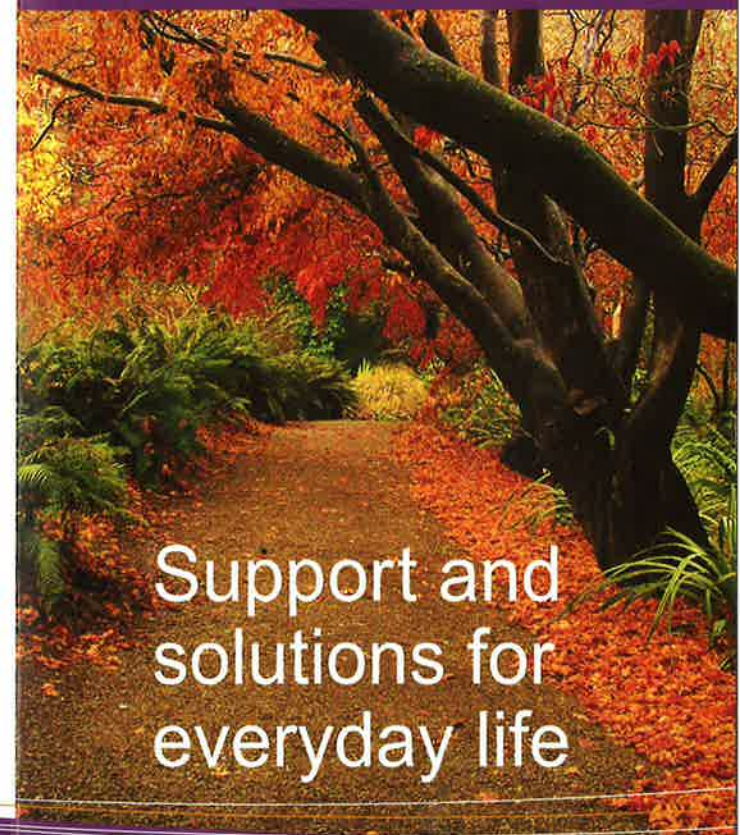




Your Employee Assistance
Program is here to help you

EMPLOYEE ASSISTANCE PROGRAM



Support and
solutions for
everyday life

Your concerns are your business

Your participation with the EAP is voluntary and confidential, so no one will know you're involved—including your employer— unless you choose to tell them. Nothing is entered into your medical or employment records.

And it's free

There is no cost to employees, household members or dependents for EAP sessions and one 30-minute consultation for each legal or financial matter.

We're here when you need us— get started today!

Call our nationwide toll-free number—
1.800.451.1834 (TTY users, please use Relay)
to speak confidentially with a counselor who cares
and is professionally trained to assist you. We're
available 24 hours a day, seven days a week.

ALLONE
HEALTH RESOURCES

1.800.451.1834
(TTY users, please use Relay)

ALLONE
HEALTH RESOURCES

1.800.451.1834

Life can get pretty stressful sometimes. Wouldn't it be great if you had a personal consultant you could call on?

However routine or urgent your concerns may be, your Employee Assistance Program is a single, simple, and invaluable resource you can turn to. Like a trusted and caring advisor, we guide you to the solutions that make things less stressful and more manageable for you—the solutions you need to stay in charge of your life.

The helpful solutions you need

From assistance with legal matters, drug and alcohol counseling, financial consultation and concerns about stress, the Employee Assistance Program (EAP) has resources that can help you with many of life's challenges. This benefit helps you, your household members and dependents address both your everyday needs and growing personal concerns, keeping your life on course.

No issue too big—or small

The EAP helps with the kinds of issues, large and small, that can affect your health and happiness, as well as your work and family life. Whether you'd benefit from a one-time consultation or ongoing support, we're just a call away.

Professional care and support

Sometimes, a particular concern becomes too much to handle alone, and it begins affecting work, family and personal well-being. That's when some professional guidance can help. Our licensed and highly skilled counselors are ready to help with a wide range of personal concerns, including: stress about work or life issues, couple or parent/child conflicts, depression, substance abuse, or other emotional concerns.

Top legal and financial services

On occasion you may need the services of a lawyer or financial services professional.

For each legal issue, you get one free 30-minute office or telephone consultation with an experienced attorney (excluding job-related concerns). If you want to continue to work with that attorney, you receive a 25% discount.

For each financial issue, you receive a free 30-minute telephone consultation with a financial planner or certified public accountant.

Examples of legal and financial services include:

- Family law proceedings (e.g., divorce and custody)
- Debt counseling
- Estate planning (e.g., wills and trusts)
- Buying or selling your home
- Real estate and landlord/tenant issues
- Retirement/college planning
- Tax advice and preparation
- Insurance and auto accident claims

