

Employee Assistance Program

*Free &
Confidential
Services*

Services to Enhance Your Wellbeing

PAS Employee Assistance Program services include:

- Master's level licensed counselors
- Legal consultation and resources
- Certified financial counselors
- Counseling for family & relationship concerns
- Career & life coaches
- Tobacco cessation coaching
- And more!

All services are provided free through your Employee Assistance Program
Call us anytime for more information



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We All Deserve Mental Peace

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Counseling Services

Licensed and compassionate counselors at PAS can help in many areas, both in-person or virtually:

- Depression and anxiety
- Anger
- Trauma
- Marital & relationship strengthening and safety
- Grief and loss
- Developing personal boundaries
- Achieving well-being
- And more!

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*Live Your
Best Life!*

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Certified Life Coaches

PAS life coaches provide personalized guidance and support to:

- Help you identify and achieve goals
- Make changes that improve your overall wellbeing
- Develop options when making a significant decision or life transition
- Offer an objective perspective about a challenging event
- Sort through challenges, resolve questions, prioritize
- Stay focused on your core values and passions

All life coaching services are provided free through your Employee Assistance Program
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*Explore
Your
Career
Potential*

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Career Coaching

PAS career coaches provide guidance with:

- Assessing your work skills
- Exploring your life and work values
- Setting career goals
- Improving networking skills
- Developing and refining your resume
- Preparing for interviews

All career coaching services are provided free through your Employee Assistance Program
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Childcare that Fits Your Needs



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Childcare Consultation

PAS childcare specialists help you find care to meet your needs throughout your child's development:

- Licensed and family daycare
- Special needs programs
- Emergency and backup care
- Summer camps
- Before and after school programs
- Adoption resources

All childcare consultation services are provided free through your Employee Assistance Program
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A Partner for Education

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PAS Education Planning Services

A PAS education specialist will help you find solutions for you and your family's educational goals:

- Early learning programs & preschools
- Special needs
- Tutors
- Home learning for school-age children
- Vocational/technical schools
- 2 and 4 year colleges & graduate programs
- Continuing education

All education planning services are provided free through your Employee Assistance Program
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Questions about Parenting?



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Parenting Coaching

PAS parenting specialists provide guidance for many areas of child development:

- Simple positive strategies that really work
- Identifying and resolving causes for behavior patterns, such as sleep issues, potty training, temper tantrums
- Advocating for special needs services in daycare and school
- Information about developmental milestones such as language development, motor skills, sensory perception and feeding skills

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Personalized Fitness Planning

Fitness Coaching

PAS fitness coaches provide personalized guidance to:

- Assess your fitness status, goals and health considerations
- Assist you in designing a structured exercise program
- Develop goals related to fitness, health and wellness
- Teach correct exercise methods through demonstration, explanation and cueing (when video is available)
- Overcome challenges and obstacles preventing you from achieving your goals

All fitness coaching services are provided free through your Employee Assistance Program
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Guidance for Your Health Goals

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Health Coaching

PAS health coaches offer education and support when you or a loved one has a health concern:

- Make lifestyle changes to adapt to health concerns or improve your health
- Learn how to effectively communicate with healthcare providers
- Know what questions to ask when going to the doctor
- Answer questions regarding diagnosis, testing, medications and procedures
- Learn how to live well with a chronic illness and slow its progression

All health coaching services are provided free through your Employee Assistance Program
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Achieve Your Weight and Nutrition Goals

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Weight and Nutrition Coaching

PAS dietitians and nutritionists provide education, support and customized plans to help you:

- Manage your weight
- Meal plan and cook using healthy foods
- Develop nutritional strategies to prevent or control health conditions
- Manage chronic health conditions such as diabetes, osteoporosis, high cholesterol, high blood pressure and food intolerances through healthy eating

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Go Nicotine Free!

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Tobacco and Nicotine Cessation Coaching

PAS tobacco and nicotine cessation coaches provide you with the guidance you need to go nicotine free:

- Know your reasons to quit
- Address fears about quitting
- Tackle triggers, cravings and challenges
- Cope with stress
- Evaluate alternative replacement behaviors
- Maintain a nicotine-free lifestyle

All tobacco and nicotine cessation services are provided free through your
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Peace of Mind for Senior Care

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Eldercare Planning

PAS eldercare consultants provide help as you care for your aging loved ones:

- Assistance locating nursing home, retirement community or residential placement
- Referral to community resources
- Support for long distance caregivers
- Crisis prevention and intervention planning
- Benefits eligibility assessment
- Assistance in selecting a Medicare insurance plan
- Medicaid planning for asset protection

All eldercare planning services are provided free through your Employee Assistance Program
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Bring Order to Your World

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Organization and Productivity Coaching

PAS organization and productivity coaches help you simplify and create order so you can work smarter:

- Balance work and home spaces
- Time management and to-do list techniques
- Email and digital file management
- Calendar and planner setup
- Prioritizing and goal setting
- Household management

Organization and productivity coaching services are provided free through your Employee Assistance Program
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Thinking about Retirement?

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Retirement Coaching

PAS retirement coaches help you explore and prepare for the many aspects of retirement, including:

- Examining personal values and setting goals
- Utilizing skills in volunteer settings and part time work
- Identifying and engaging in pleasurable leisure activities
- Nourishing spiritual needs
- Maintaining personal relationships while developing new connections
- Sustaining physical and emotional health

Retirement Coaching Services are provided free through your Employee Assistance Program
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Finances Have You Worried?

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Financial Coaching

PAS financial coaches provide consultation to help you assess your financial situation, and develop and implement a plan:

- Cash flow, budget, debt reduction and credit management
- Mortgage financing
- Bankruptcy and foreclosure prevention
- Insurance
- Changes in finances due to life events
- Estate planning and asset protection

All financial coaching services are provided free through your Employee Assistance Program
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Life is Expensive!



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PAS Discount Center, powered by LifeMart[®]

Enjoy a discount shopping platform that offers exclusive deals across thousands of products and service categories.

- Childcare
- Fitness & Nutrition
- Home & Auto
- Car Rentals
- Hotels & Resorts
- Electronics
- Theme Park Tickets
- Movie Tickets
- Flowers & Gifts
- Restaurants
- Groceries
- Plus Much More!

LifeMart[®] shopping services are provided free through your Employee Assistance Program
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Legal Concern Have You Stumped?

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Legal Consultation

PAS attorney consultants provide general information about a wide variety of legal matters:

- Family law
- Housing and real estate matters
- Consumer and product concerns/complaints
- Wills and probate
- Vehicle-related matters
- Government benefits
- IRS audits

PAS legal consultant services are provided free through your Employee Assistance Program. Receive a 25% discount on all in-network attorney fees for legal representation and document preparation. Call us anytime for more information.



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Do You Need Legal Documents?

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Legal Resource Library

PAS legal resource library provides downloadable legal forms specific for your state for:

- Last will and testament
- Living will/advanced health directives
- Landlord/tenant agreements
- Powers of attorney
- Business documents
- And many more!

Access the library from your mypaseap.com landing page by clicking on **Legal Resources** on the dashboard. These fillable forms are provided free through your Employee Assistance Program. Call us anytime for more information.



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Trouble Sleeping? Get Help!

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Sleep Coaching

PAS sleep coaches provide personal guidance to help you establish good sleeping patterns:

- Creating an individualized sleep training program using helpful tools and resources
- Education about sleep hygiene to develop health sleep habits
- Combining stress resilience and meditation practices for a clear mind to achieve better quality of sleep
- Focus on falling asleep and staying asleep with minimal disruptions

All financial coaching services are provided free through your Employee Assistance Program
Call us anytime for more information



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Impacted by Fraud or Identity Theft?

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Fraud Resolution Services

PAS fraud resolution specialists help you recover from fraudulent activity or identity theft:

- Telephone consultation
- Direction on restoring your identity/credit
- ID theft emergency response kit
- Steps to dispute fraudulent debts
- Advice on communicating with creditors and collection agencies
- Steps to avoid future ID theft losses
- Referral to an attorney for a free initial consultation

PAS fraud resolution services are provided free through your Employee Assistance Program
Full recovery services are available on request for a fee
Call us anytime for more information



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