




EMPLOYEE ASSISTANCE PROGRAMS & BEHAVIORAL HEALTH SERVICES  
 CONSISTENT QUALITY • CONSTANT VALUE™



## Employee Assistance Program and Work-Life Services

<p><b>Counseling Services</b></p> <p>Your employer has contracted with EAP Preferred to provide the Employee Assistance Program [EAP]. EAP It's an independent firm and doesn't report personal information to your employer. <b>Completely confidential</b></p> <p>Sessions are Face-to-face* with a master's level clinical therapist. Up <b>[6]</b> sessions per issue*, per year.</p>	<ul style="list-style-type: none"> <li>• Stress, anxiety</li> <li>• Marital/Relationships</li> <li>• Child and adolescent</li> <li>• Substance abuse</li> <li>• Gambling</li> </ul> <p><i>(Phone counseling available on a per case basis)</i></p> <p><b>Eligibility for EAP Services:</b> Employee, spouse or partner, and minor children.</p>	<ul style="list-style-type: none"> <li>• Work concerns</li> <li>• Minor Depression</li> <li>• Loss and grief</li> <li>• Job stress</li> <li>• Family matters</li> </ul> <p><i>*household family members: dependent children and grandchildren up to the age of 25 years old and college student, living in the employee's home.</i></p>
<p><b>Unlimited Resources and Referrals</b></p> <p>It provides online access to a wide range of resources regarding work and life topics of interest to you and your family. Navigate through articles, audios, links, interactive content, self-searches, self- assessments and more.</p>	<ul style="list-style-type: none"> <li>• Adoption</li> <li>• Parenting</li> <li>• Elder/Adult care</li> <li>• Summer care</li> <li>• Travel Resources</li> <li>• Childcare</li> </ul>	<ul style="list-style-type: none"> <li>• Education</li> <li>• Pet care</li> <li>• Wellness</li> <li>• Special needs</li> <li>• Household services</li> </ul>
<p><b>Financial Services</b></p> <p>Provides a free telephonic consultation with a financial expert and assist you with everyday matters.</p>	<ul style="list-style-type: none"> <li>• Bankruptcy</li> <li>• Budgeting</li> <li>• Credit</li> <li>• Estate planning</li> <li>• Insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Loans</li> <li>• Savings for College and Retirement</li> <li>• Taxes</li> <li>• Wills</li> </ul>
<p><b>Legal Services</b></p> <p>It provides a free 30-minute consultation with an attorney on most legal issues. In most cases, discounted rates are available.</p>	<ul style="list-style-type: none"> <li>• Credit Repair and Debt</li> <li>• Criminal Law</li> <li>• Discrimination</li> <li>• Family and Divorce</li> <li>• Living Wills</li> </ul>	<ul style="list-style-type: none"> <li>• Real Estate</li> <li>• Taxes and Audit</li> <li>• Wills Review</li> <li>• Parenting and adoptions</li> <li>• Power of Attorney Forms</li> </ul>
<p><b>ID Theft Prevention and Recovery</b></p> <p>It provides a free telephonic consultation with an ID theft prevention and recovery professional</p>	<ul style="list-style-type: none"> <li>• Following a telephonic session, an advisor will follow up by mailing supporting educational materials.</li> <li>• Free registration to Control Your ID, an online ID monitoring program.</li> <li>• If your identity is stolen while you are registered with Control Your ID, an ID theft professional will help you restore it.</li> </ul>	
<p><b>The Saving Center</b></p> <p>It's a discount shopping program that provides discount through the Corporate Website. It offers discounts of up to 25% to 60% off regular retail prices!</p> <p>Earn points every time you shop to redeem whenever you want! Use the company code <b>Advantage</b> to register*</p> <p><b>Try the Local Offers Tab, and get deals in your zip code area,</b> Eating, Spas/Salons, Weekend Fun and Escapes</p>	<ul style="list-style-type: none"> <li>• Hotels, Flights, Car Rentals and Vacations Packages</li> <li>• Car buying, Insurance, and Maintenance &amp;Parts</li> <li>• Computers, TV's, Video Games, Tablets and Cameras</li> <li>• Movies, Theaters, and Theme Parks</li> <li>• Shoes, Bags, Woman-Man and Children's clothing</li> <li>• Home Décor, Appliances, Bed &amp; Bath, and Outdoor Living</li> </ul>	
<p><b>Skill Builder Center</b></p> <p>Provides Free E-Learning Courses, it takes about in 15-20 minutes to complete. Each course offers a visual presentation, brief online quizzes, and a printable certificate of completion.</p>	<ul style="list-style-type: none"> <li>• Self-Care: Remaining Resilient</li> <li>• Eating Your Way to Wellness</li> <li>• Emotional Intelligence for Success</li> <li>• Healthy ways to communicate</li> <li>• Accountability</li> </ul>	<ul style="list-style-type: none"> <li>• Effective Time Management</li> <li>• Caring For Aging Relatives</li> <li>• Estate Planning: Five Essential Documents</li> <li>• Appreciate Personality Differences</li> </ul>

<p><b>Elder Care</b></p> <p>Most of us are unprepared for the magnitude of the responsibility and are unaware of where to turn for assistance and support. Receive Consultation and Referrals from your Work-Life Services</p>	<ul style="list-style-type: none"> <li>• Assistance Living Facilities</li> <li>• Nursing Homes</li> <li>• Adult Day Care Program</li> <li>• Caregiver Support</li> <li>• Retirement Communities</li> </ul>	<ul style="list-style-type: none"> <li>• Elder Hostels</li> <li>• Meals On Wheels Program</li> <li>• Home Safety</li> <li>• Elder Driving</li> <li>• End of Life Decisions</li> </ul>
<p><b>Child Care</b></p> <p>Whatever the age of your child, finding quality child care can be a challenging and emotional experience; if you are looking for an arrangement that will work best for your family and have peace of mind that your child will receive love and good care. WLS can help with resources &amp; referrals to:</p>	<ul style="list-style-type: none"> <li>• Day Care Centers</li> <li>• Family Day Care Homes</li> <li>• Back-up Care</li> <li>• Sick Child Care</li> <li>• Nanny Agencies</li> <li>• Lactation Support</li> </ul>	<ul style="list-style-type: none"> <li>• Summer Camps</li> <li>• Adoption</li> <li>• Public and Private Schools</li> <li>• Tutors</li> <li>• And much more</li> </ul>
<p><b>TaxACT</b></p> <p>Specializes in free tax preparation software and many Web-based services are available.</p>	<ul style="list-style-type: none"> <li>• File your Federal &amp; State Taxes.</li> <li>• Review your taxes</li> <li>• Filing an extension</li> </ul>	<ul style="list-style-type: none"> <li>• Check your E-File Status</li> <li>• When can I expect my return?</li> </ul>
<p><b>MY Social Security</b></p> <p>You can also set up an account to review your Social Security personal information thru the TaxACT</p> <p><a href="http://www.ssa.gov/myaccount/">http://www.ssa.gov/myaccount/</a> Create a free my Social Security account.</p>	<ul style="list-style-type: none"> <li>• Keep track of your earnings and verify them every year;</li> <li>• Get an estimate of your future benefits if you are still working; Get a letter with proof of your benefits if you currently receive them; &amp; Manage your benefits: Change your address; Start or change your direct deposit, and Get a replacement SSA-1099 or SSA-1042S for tax season. </li> <li>• Setting up an account is quick, secure, and easy.</li> </ul>	
<p><b>Relocation Center</b></p> <p>As it's often said, real estate is about location, location, location. The Relocation Center makes it easy for you to access up-to-date community information including maps, demographics, school reports, houses of worship, and more.</p> <ul style="list-style-type: none"> <li>• The <a href="#">Better Business Bureau (BBB)</a> assists consumers nationwide in choosing a trustworthy and high-quality service providers.</li> <li>• <a href="#">City-Data</a> can provide detailed profiles for cities across the U.S. with data from crime rates to weather patterns.</li> <li>• <a href="#">Crime Reports</a> offer detailed reports on local crime rates and trends for cities and neighborhoods nationwide.</li> <li>• <a href="#">Moving.com</a> not only provides reports for cities and neighborhoods across the country but also has an extensive collection of articles and tip sheets on topics from mortgages to insurance.</li> <li>• <a href="#">Realtor.com</a> offers a comprehensive search of available real estate and rentals nationwide, and can also connect a potential buyer with a certified real estate agent.</li> <li>• <a href="#">Rent.com</a> provides a search for individuals looking to rent. Because their postings only come from verified sources, renters can avoid scams.</li> <li>• <a href="#">Zillow</a> also offers a search of available real estate and rentals nationwide and can also assist current homeowners in determining the worth of their home.</li> </ul>		

**Contact EAP Preferred at 1-800-327-3517 or 602-264-4600**

24 Hours a Day / 7 Day a week

Or you can visit our website at [www.eappreferred.com](http://www.eappreferred.com)

Username: **KAIROS** and Password: **eappreferred**

[\*] "Per issue, etc." – defined in general terms; relationship, work, family counseling, substance abuse and emotional. Once the contracted number of sessions has been used for a particular problem, sessions will be available for that problem after 12 months have elapsed. However, sessions for other problems may be available during the year. Only the contracted number of sessions will be authorized per problem per year, regardless of the number of persons participating in counseling.

[\*] "Work-Life" Services are available by telephone, email, an instant message, all of which are supported by a state-of-the-art website.