

We can help.

As part of your VITAL WorkLife EAP, you have unlimited access to our rich web resources, which includes a library of more than 5,000 articles on topics including:

Parenting: Family and caregiving, adoption, childcare, summer camps, child development, higher education and more.

Aging: Aging well, planning for the future, eldercare, dealing with grief and loss and more.

Living: Help with daily living, consumer choices, legal and financial issues, pet care, home improvement and more.

Saving: Enjoy discounts of up to 25% on hundreds of name brands at our Online Savings Center.

Working: Articles and tips for resolving career and workplace issues.

Balancing: Information and resources related to every aspect of personal growth, relationships and emotional well being.

Thriving: Health and wellness articles and resources including WebMD, an online health information directory and MEDLINEPLUS, the world's largest online medical library.

Legal: Articles plus an online searchable legal database.

Visit [VITALWorkLife.com/member-login/](https://www.vitalworklife.com/member-login/) and log in using your username and password.

Username:

Password:

Or call: 800.383.1908



What can I expect when I call?

When you or your family member calls your VITAL WorkLife EAP at 800.383.1908, you will receive the following:

- ✓ Listening without judging.
- ✓ Experienced professionals.
- ✓ Help with understanding and defining the issue, exploring options, recommendations and resources.
- ✓ Assistance in determining the seriousness of your situation and help in addressing and resolving your concern(s).



VITAL WorkLife provides access anytime, day or night.

Toll-free: 800.383.1908

(Over-the-phone language interpretation services are available.)

Website: [VITALWorkLife.com](https://www.vitalworklife.com)

30-002-0118

Employee Assistance Program



Let us help you on your pathway to well being.

Your VITAL WorkLife Employee Assistance Program (EAP) is designed to support your overall well being, both at home and at work.

Take advantage of this free resource.

- Free to employees and family members.
- Available 24/7/365.
- Confidential — your employer doesn't know who, when or why anyone uses the benefit.
- Telephone and/or face-to-face counseling sessions.



How your EAP can help.

Life can be stressful: at home and at work.

It is apparent that day-to-day pressures are increasing for people everywhere. Divorce, career burnout and stress related illnesses are at all-time highs. Many of us are struggling with work demands, marriage difficulties, children, aging parents, drug and alcohol abuse, financial strain and/or legal concerns. These issues can affect all dimensions of your overall well being including emotional, physical, relational, professional, spiritual and legal/financial. VITAL WorkLife can help you better manage all of life's challenges.

Why use an EAP?

Your VITAL WorkLife EAP is designed to make every aspect of work and daily life more productive, less stressful and more fulfilling — for both you and your family.

How does an EAP work?

When you contact us, first, we listen — then we connect you with the people, information and resources you need to help address your problems and ideally achieve your own work/life balance.

What does your EAP include?

- Multiple face-to-face counseling sessions
Call your HR professional or VITAL WorkLife, 800.383.1908, to determine how many sessions-per-incident your benefit covers.
- Unlimited 24/7/365 live telephone support
- Free legal and financial consultations, assessments and resources

Your family members are eligible.

Any family member whose personal concern is impacting an employee is eligible to use the EAP services. Family member is defined as anyone in the family including spouse, significant other, brother, sister, parent or adult child. The family member does not need to be a dependent of the employee, live in the same household or even be in the same state, VITAL WorkLife counselors are nationwide.

Your VITAL WorkLife EAP is professional and confidential.

All of the WorkLife counselors, whether you talk to them on the phone or in person, have a master's or doctorate level degree.

Your use of this service and the information you share is confidential. No one will be informed of your call and no one can obtain the information you share with a counselor without your written consent.*

**Exception: When your safety or the safety of another individual may be at risk.*

Call for help: 800.383.1908
Or visit VITALWorkLife.com

