

8 Great Reasons to Check Out Your EAP

Your employer offers an EAP – A GREAT benefit that you may not have tried yet!

Here are 8 quick reminders about why you should check it out:

1. **IT'S FREE!** Your employer pays for this great benefit
2. It's **confidential**
3. Get help **24/7/365**
4. It's **easy to access** by phone or by logging in
5. It's available to **you and your eligible family members**
6. Tap into expert help and support from credentialed counselors and coaches
7. **It's not just for problems.** You can also get discounts, child & elder care resources, financial calculators, wellness tips and more!
8. Access hundreds of training and courses for personal and professional development

Login at www.theEAP.com/TotalCare-EAP by clicking on the "Employee & Family" button or call 800-252-4555 to speak to an EAP Counselor or Coach

