



## Did you know?

You have a Work-Life and Employee Assistance Program (EAP) offered by your employer, that gives you and your family members free, confidential access to a full range of life services, including:

- 24 hour telephonic access to licensed mental health professionals
- In person counseling near work or home
- Free legal and financial consultations
- Childcare, elder care, and pet care resources and referrals
- Convenience Services: Referrals to local vendors and resources to assist with everyday tasks (e.g. plumbers, electricians, contractors, relocation services, party planners, etc.)
- Health and wellness consultants, coaching, and information
- Website featuring articles, assessments, webinars, financial calculators, searchable databases, savings center, and more

**\*\*\* ALWAYS AVAILABLE \*\*\* ALWAYS CONFIDENTIAL \*\*\***

For whatever work or life issue is on your mind, or for anything related to daily living that you could use some extra help with, let us be your resource. It's free, it's confidential, and it's available to you, as well as your family members. Just call or log on to get started.

**800-227-2195**

**[www.HelloE4.com](http://www.HelloE4.com)**

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