

PROMEDICA EMPLOYEE ASSISTANCE PROGRAM

The Employee Assistance Program (EAP) is an Employee Benefit Offering No Cost Counseling

- Relationships and family communication
- Managing stress, anxiety, or depression
- Coping with grief, loss, or change
- Alcohol and drug problems
- Team conflict and communication
- Life transitions and major decisions
- Financial stress and goal setting
- Parenting/child behavior
- Balancing work/life demands
- Caregiver stress/burnout
- Coping with diagnosed illness/pain
- Action planning support
- Supervisor skills coaching
- Motivational support

Your ProMedica EAP benefit includes:

- Confidential and professional short-term counseling and coaching for personal or work related concerns
- Short term no-cost counseling sessions (per company contract) for each presenting concern(s) per program year
- Crisis support 24/7 by telephone – professional guidance when you need it most
- Available to household dependents including spouse and unmarried children under age 26 residing at same address as employee
- Telephone, video and in-person appointments at a convenient and appropriate location near work or home
- Comprehensive website featuring emotional, physical, and practical well-being articles, seminars, and resources for you and your family



To access ProMedica's EAP Website:

1. Scan the QR code or log onto promedica.helpwhereyouare.com
2. When prompted add your user name and password

User name: ProMedica EAP
Password: AWS123

866-327-3759

Solution-focused counseling, referral assistance, and 24/7 crisis support.

 **PROMEDICA**