

HealthAdvocate Employee Assistance Program (EAP) EAP + Work/Life

Effective January 1, 2015

HealthAdvocate Employee Assistance Program

The Employee Assistance Program (EAP) through Health Advocate is a short-term, *confidential* counseling and/or crisis intervention service provided for employees. They offer professional support for personal and work/life issues. This program provides college employees with real support when you need it:

- **Up to eight *free sessions*** per year for you and your family.
- **There is no cost to use the service**
- **24-Hour CARELINE 877-240-6863**

How can you find out more?

Get short-term assistance to help you cope with personal, family and work issues, and the right resources to better balance your work and life. The Health Advocate staff follows careful protocols and complies with all government privacy standards. Your medical and personal information is strictly confidential. Your privacy is protected.

Visit www.HealthAdvocate.com/members to find useful information on a wide range of topics or send an email to answers@HealthAdvocate.com