

# ONELIFE

## EMPLOYEE ASSISTANCE PROGRAM (EAP)

### ONELIFE IS THE EAP FOR YOU AND YOUR IMMEDIATE FAMILY MEMBERS

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, OneLife will be there to help. The OneLife employee assistance program (EAP) is a confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work. OneLife provides professional counseling and referrals to address a wide array of personal and work-related concerns.

**ANXIETY • DEPRESSION • MARRIAGE AND RELATIONSHIP PROBLEMS • GRIEF AND LOSS • SUBSTANCE ABUSE • ANGER MANAGEMENT • WORK-RELATED PRESSURES • STRESS**

#### EXPERT REFERRALS AND CONSULTATION

Whether you are a new parent, a caregiver, selling your home or looking for legal advice, you're likely to need guidance and referrals to expert resources.

- **LEGAL ASSIST** Free Telephonic or Face-to-Face Legal Consultation
- **FINANCIAL ASSIST** Expert Financial Planning and Consultation
- **FAMILY ASSIST** Consultation and Referrals for Everyday Issues, Such as Dependent Care, Auto Repair, Pet Care and Home Improvement

#### CONFIDENTIALITY

OneLife upholds strict confidentiality standards. Nobody, including your employer, will know you have accessed the program unless you specifically grant permission or express a concern that presents us with a legal obligation to release information.

#### TECHNOLOGY AND YOUR EAP

##### WEB

- Thousands of Helpful Articles and Tip Sheets for Personal and Work-Related Topics
- Search Engines and Directories for Child Care, Elder Care, Education, Legal, Financial and Convenience Services
- Discounted Fitness Center Memberships
- Secure Video Counseling Through the eConnect® Portal
- 20-Minute eLearning Modules
- Bilingual Content (English and Spanish)

##### MOBILE

- eConnect® Mobile App for On-The-Go Access to the EAP
- Call or Live Chat with a Licensed Counselor
- Review a Summary of the EAP



**PHONE**

**1-800-559-9544**

**WEB**

**WWW.EAPONELIFE.COM**



**MOBILE**

Username: onelife