

# STEPS

for participation in the program

## CONFIDENTIALITY

Confidentiality is an important part of the EAP. Unless written authorization is provided, involvement in EAP services will not be shared with your employer, and confidentiality will be protected to the fullest extent allowed by law.

## COST

There is no cost to use EAP services. If on-going counseling or specialized treatment is recommended, your health insurance or other benefits may apply. In such cases, the EAP will coordinate a referral to the most appropriate and cost effective provider.

1

Call the EAP.

**1.800.433.7916**

2

Following a brief intake, an appointment will be scheduled for you at a convenient time.

3

You will meet with an EAP counselor to discuss your concern in strict confidence.

4

Your counselor will help resolve your concern or refer you to a specialist when appropriate.

Your EAP is available  
**24** hours a day | **7** days a week

**[chestnut.personaladvantage.com](http://chestnut.personaladvantage.com)**



# EAP

## EMPLOYEE ASSISTANCE PROGRAM

A counseling and referral service designed to help members, spouses and dependent children under the age of 26 with a wide range of personal concerns.



Peace of Mind...  
in **your** piece of the world.



## ABOUT THE EAP

No one is immune to personal concerns, and when left unaddressed, they can impact your work performance or emotional well-being.

The Employee Assistance Program (EAP) is designed to help you resolve personal concerns before they become more serious and difficult to manage.

You and your dependent family members can receive short term, professional counseling to address a wide variety of concerns. The EAP also provides access to information and resources that can help you answer virtually any personal question or concern.

### COUNSELING SERVICES

The EAP provides members and their dependents up to six free counseling sessions per problem, per year, or you may be referred to a professional resource that has expertise within your area of concern.

Some of the concerns the EAP can help with include:

- Stress Management
- Work Concerns
- Conflict Resolution
- Parenting Support
- Marital and Relationships
- Anxiety and Depression
- Substance Abuse
- Work-Life Balance
- Domestic Violence
- Grief and Loss

### WORK / LIFE SERVICES

#### Legal Consultation

- Family Law
- Will and Estate Planning
- Mediation Services
- Power of Attorney

#### Financial Consultation

- Budgeting
- Debt Management
- Improving Your Credit
- Taxes

#### Identity Theft

- Full Restoration Services

#### Elder Care

- In-Home Assessment
- Community Resource Referrals

### NUTRITION AND EXERCISE

The EAP offers an annual, one-time telephonic consultation with a registered dietitian and health fitness specialist. Nutrition and exercise questions or topics may include, but are not limited to:

#### Nutrition

- Portion Control
- Weight Loss
- Nutrient Intake

#### Exercise

- Planning and Preparation
- Proper Form and Safety

### WEBSITE

Our website contains thousands of articles and self-assessments on a variety of topics such as:

- Mental Health
- Workplace Productivity
- Health and Wellness
- Financial Challenges
- Relationships
- Caregiving
- Daily Living

For more information, visit our website.

[chestnut.personaladvantage.com](https://chestnut.personaladvantage.com)

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