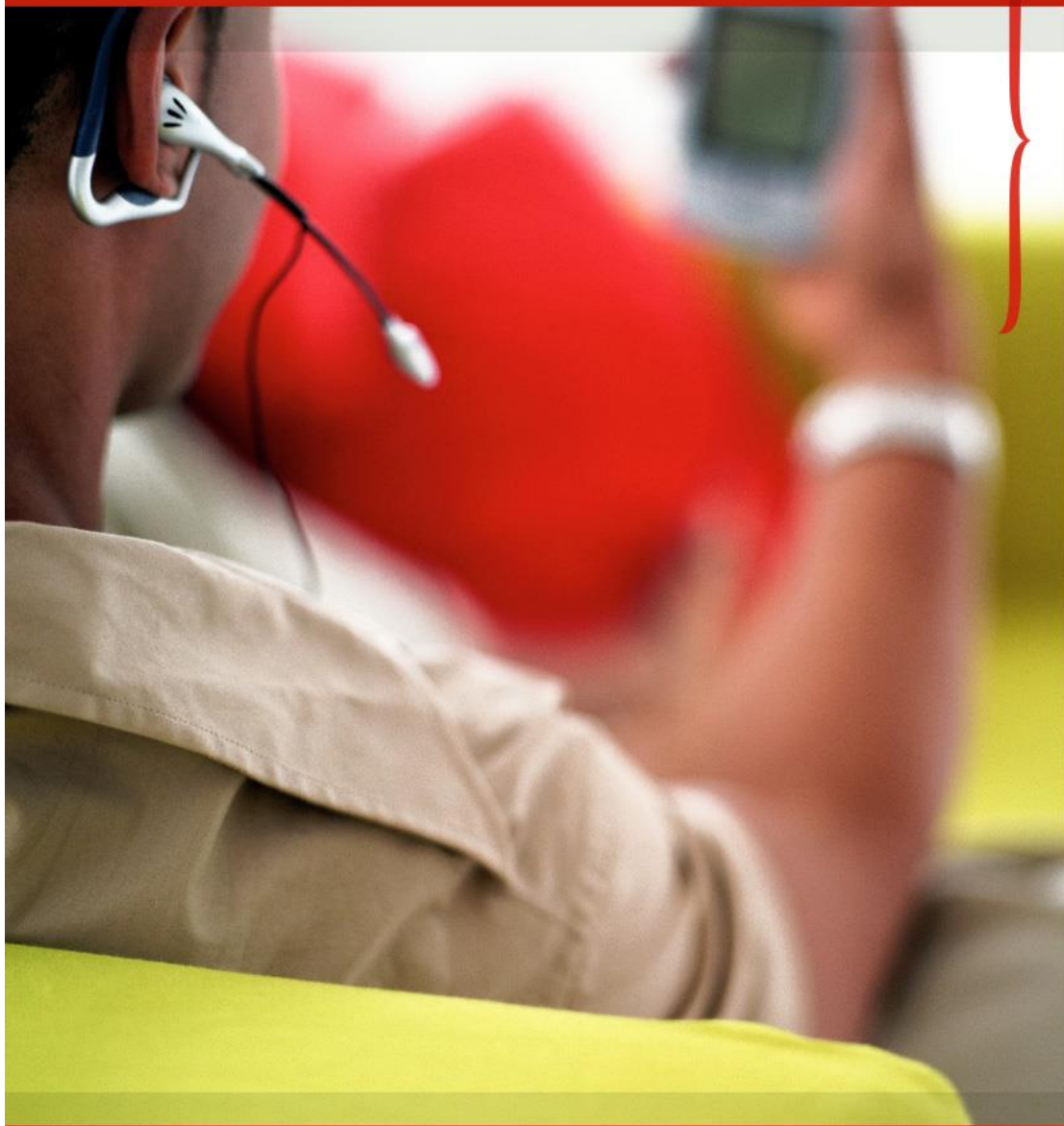
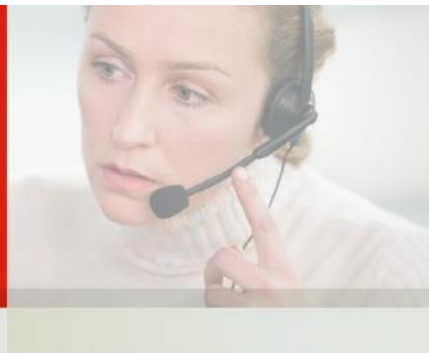


Inova EAP Always Available

In the Moment Support Counseling



FEATURES INCLUDE:

- 24/7 access to a qualified counselor.
- Services are completely confidential.
- Speak to a counselor when you need help the most
- Available to you and your household.
- If needed, your “In the Moment” Counselor will work to arrange for additional Short-Term Counseling with a provider in-person, on the phone or virtually.

Immediate help from a counselor is just a phone call away with Inova’s “In the Moment Counseling”. You don’t need an appointment to take advantage of this service. Call from the privacy of your home or office and one of our helpful counselors will help you address issues that are making it difficult to manage at work or at home.

The session is free and completely confidential and does not count as one of the sessions included in your plan.

TOLL-FREE: **800-346-0110**

WEBSITE: www.inova.org/eap

