Three small triangles (blue, purple, green) pointing downwards.

Navigating life's journey – A guide to your Employee Assistance Program



Your life's journey – made easier



Counseling



Work-Life Services



Digital Emotional
Wellbeing Program



Life Enrichment
Services

FREE – CONFIDENTIAL – AVAILABLE 24/7

- ✓ *Manage stress*
- ✓ *Relationship difficulties*
- ✓ *Conflict with a supervisor or coworker*
- ✓ *Help to cope with change*
- ✓ *Anger issues*
- ✓ *Alcohol or drug problems*
- ✓ *Sleep disturbance*
- ✓ *Grief and loss*
- ✓ *Depression*
- ✓ *Lack of support*
- ✓ *Anxiety*
- ✓ *Work-life balance concerns*

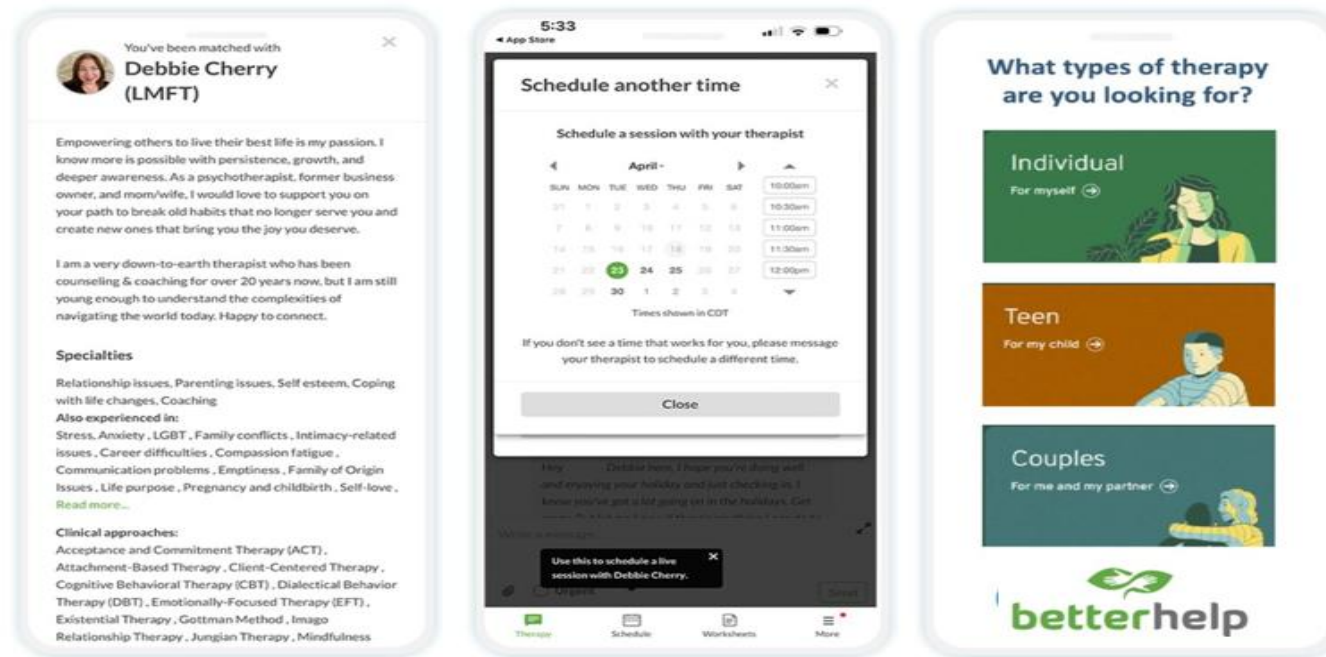
Counseling

Counseling provides a convenient, confidential, safe, and non-judgmental environment to work on issues and learn new coping skills

Up to 8 sessions of counseling

- ✓ **Counseling for the entire family**—individuals, couples and teens
- ✓ **Staffed by licensed**, trained, experienced and accredited psychologists, marriage and family therapists, clinical social workers and professional counselors
- ✓ **Support** for anxiety, burnout, grief, relationship problems, stress, substance misuse and trauma
- ✓ **Quick and easy access to care**, meet in-person or virtual therapy via text, phone, video or live chat

Virtual Counseling - BetterHelp

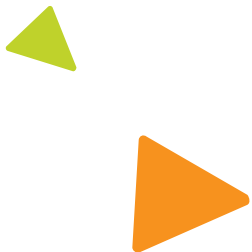


Digital Emotional Wellbeing Program



Build resiliency, manage stress, improve mood,
sleep better or simply find daily inspiration.

- ✓ **Access educational content** on topics ranging from mindfulness to common behavioral health concerns
- ✓ **Track behaviors** like mood, sleep, stress and pain
- ✓ **Interactive, self-paced programs** matched to your preferences
- ✓ **Complete activities** such as breathing exercises, meditation, yoga or journaling
- ✓ **Clinically validated assessments** for screening and ongoing risk monitoring
- ✓ **In-the-moment tools** for coping with daily situations



Digital Emotional Wellbeing Program

Key features:

- Complete activities such as breathing exercises, meditation or journaling.
- Track mood, sleep, stress and pain.
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

Learn how to cope with and manage the effects of:

- Anxiety and stress
- Attention-Deficit Hyperactivity Disorder
- Chronic pain
- Depression
- Grief and loss
- Sleeplessness
- Substance use disorders

Within the Digital Emotional Wellbeing Program, access award-winning digital cognitive behavioral therapy (DCBT) modules and journeys for adults and youth.



ComfortAble® for chronic pain



FearFighter® for anxiety, panic and phobia



MoodCalmer for depression



RESTORE for insomnia



SHADE for substance use disorder



ThinkHeroSM for anxiety symptoms (ages 6 – 12)



ThinkWarriorSM for anxiety symptoms (ages 13 – 17)

Work-Life Services

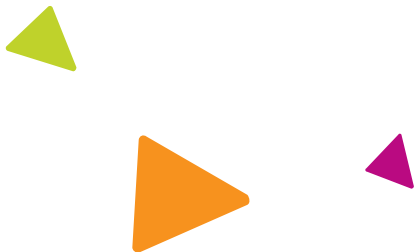


✓ **Interactive, online support tools** and content, including thousands of articles, live talks, practical tips and discounts

✓ **Locate** childcare providers and navigate school options

✓ **Resources for help** with relationships, parenthood, pet ownership, moving and more

✓ **Research** elder care and living arrangement options



Work-Life Services

✓ **Adult Care & Aging**

✓ **Child Care & Parenting**

✓ **Daily Living**

✓ **Education**

✓ **Housing & Moving**

✓ **Pet Ownership**

✓ **Relationships**

✓ **Special Needs**

✓ **Pregnancy & Adoption**

✓ **Health & Wellness**

Financial Wellbeing

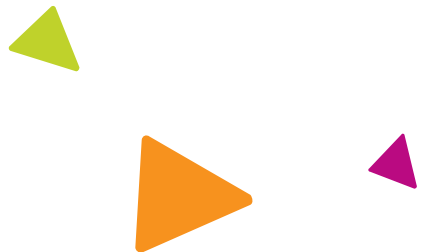
- ✓ **Three 30-minute confidential telephone consultations** per year, per topic with an unbiased Money Coach
- ✓ **Take a financial assessment** to learn how money is affecting health, wealth and financial status and work through a personalized financial plan
- ✓ **Access to a member website** with top-notch content including monthly live webinars, articles, videos and financial calculators

Legal Services



- ✓ **One free 60-minute consultation** per topic, per year on the phone or in person with an attorney or mediation expert
- ✓ **Self-serve access** to instantly create state-specific legal forms

- ✓ **Support for topics** including criminal matters, immigration and naturalization, estate planning, family law, personal property, taxes, audits and more
- ✓ **Legal library** with articles on bankruptcy, consumer finance, landlord and tenant, personal property, divorce, pets, criminal law and more



Identity Theft Resolution



- ✓ **One 60-minute telephone consultation** per issue, per year with a Fraud Resolution Specialist TM (FRS)
- ✓ **FRS listens, answers questions** and gives direction and tools for the individual to start resolving the fraud issues
- ✓ **Access** to ID Theft Emergency Response Kit



How to contact your program

*365 days a year
7 days a week
24 hours a day*

800-346-0110
Inova.org/EAP

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