

# Inova Employee Assistance Program provides support and resources

**This benefit is available to you and your household members**

## Confidential counseling

Our short-term counseling services can help you find solutions to problems ranging from family or workplace frustrations. Our licensed professional employee assistance program providers will listen to your concerns, define the problem, and refer you to a telephonic, virtual or in-person counseling and other resources for:

- Stress, anxiety and depression
- Substance abuse
- Relationship/marital conflicts
- Grief and loss

## Financial services

Speak with a financial planner on a wide range of financial issues. Financial information, tools and calculators are also available on our website. Unlimited sessions are available in a variety of topics:

- Getting out of debt
- Retirement
- Estate planning
- Tax questions

## Online resources

Inova Employee Assistance Program offers an interactive online service that provides 24-hour access to an extensive library of nationwide work-life resources and interactive tools including:

- Savings discount center
- Relocation center
- Monthly online seminars
- 24-hour instant messaging access to a work-life consultant

## Legal services

Inova Employee Assistance Program offers a free 30-minute consultation with an in-network attorney and a 25% discount on the attorney's hourly rate.

Call about:

- Divorce and family law
- Debt and bankruptcy
- Real estate
- Civil and criminal
- Wills and trusts

## Work-life referral services

Our work-life consultants will assess your needs, pinpoint appropriate resources and suggest guidelines for evaluating those resources. We will also follow up to ensure your satisfaction with our services. Our consultants can locate resources in a variety of areas including:

Childcare, which includes:

- Day care
- Summer camp
- Au pair agencies

Elder Care, which includes:

- Assisted living
- Home health
- Nursing homes

Education information, which includes:

- Schools and educational consultants
- Financial aid and scholarships

Health and wellness services, which includes:

- Holistic care
- Exercise classes
- Nutritional counselors
- Personal trainers

**Inova Employee Assistance Program is here to help**

Confidential assistance, 24/7

TDD# for the hearing impaired

Access to online resources and services

800.346.0110

877.845.6465

[Inova.org/EAP](http://Inova.org/EAP)

Username: \_\_\_\_\_

Password: \_\_\_\_\_

iConnectYou: \_\_\_\_\_