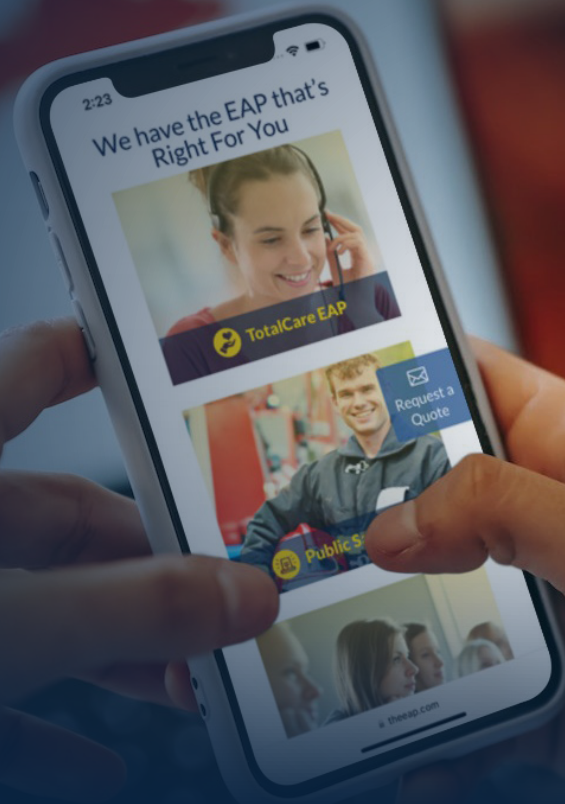




Accessing Your Self-help EAP Benefits



LOG IN & REGISTRATION STEP-BY-STEP INSTRUCTIONS

1. Log on to www.theEAP.com.
2. Click the **Member Login** button.
3. If you've already created a User Name and Password, simply enter that information in the appropriate boxes. **If you have not registered, complete steps 4-5.**
4. Click on **REGISTER**.
5. Fill out the Registration Form and create your own User Name and Password, then click **REGISTER**. **You only need to register once.**

WELCOME

You and your family members can access over 25,000 trustworthy self-help resources to help resolve personal problems or improve your personal and professional lives. Please login or register.

REGISTER

RECOVER PASSWORD

Sign In

Username: _____

Password: _____

Recover Password
Recover Username

SIGN IN

PRIVACY & SECURITY | TERMS & CONDITIONS

Register

Create Username

First Name

Last Name

Organization Name

Email Address

Password (7 character minimum)

Verify Password

Reminder
What is your mother's maiden name? ▾

Passphrase

I agree to the [terms of use](#)

REGISTER

***Your Organization Name:**



www.theEAP.com
800-252-4555

Scan to view EAP benefits



Self-Help Resources

A vital benefit to help with everyday issues!

Access thousands of trustworthy articles, videos and tools in our updated Self-Help Resources, with easier navigation and search, new content, and Learning Centers on popular topics such as gratitude, goal setting, communication, sleep, building resilience, and more.

Other topics include:

- Mindfulness
- Adoption & Child Care
- Personal Finance & Budgeting
- Emotional Wellbeing
- Parenting & Relationships
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress, Anger, Anxiety & Depression
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Development
- Digital Wellness
- Disaster Prep and Response

More benefits, higher satisfaction.



Scan with Your
Device to Explore
Your EAP Benefits!



1-800-252-4555



www.theEAP.com

Check in often for fresh content: Legal articles from NOLO Legal Press • Health topics from Krames Staywell • New monthly trainings and featured Webinars • Articles on timely issues, plus useful Resource Centers, including:

▶ **CONNECTIONS/WORK-LIFE**

Caregiver and elder care support, disability support, family life, and interpersonal relationships.

▶ **LIFESTYLE SAVINGS BENEFIT**

Discounts, rewards and perks on brand-name goods and services.

▶ **TRAINING CENTER**

An extensive library of personal and professional development trainings in user-friendly formats. Plus, new Learning Centers & Training Bites.

▶ **EMOTIONAL WELLBEING**

Assess your overall emotional wellbeing with screenings for depression, anxiety, substance abuse, and more.

▶ **WELLNESS CENTER & PHYSICAL HEALTH**

Information on health conditions and illnesses, plus tools on dieting, nutrition, stress, smoking cessation, and physical fitness.

▶ **PERSONAL FINANCE & EDUCATION**

Financial calculators, budgeting, investing, debt management, and other tools.

▶ **LEGAL**

Will templates, forms, contracts, and information from NOLO Legal Press on consumer rights, landlord-tenant issues, real estate, family law, and other legal topics.



IT'S EASY TO ACCESS SELF-HELP RESOURCES!

1. Go to www.theEAP.com and click the **Member Login** button.
2. If you've already created a User Name and Password, simply log in.
3. If this is your first visit, click **REGISTER** and fill out the form to create your User Name and Password.

*** You only need to register once.**



1-800-252-4555
www.theEAP.com

Great benefit: your own Wellness Coach!



Your employer provides free, confidential access to Wellness Coaches

If you thought that access to a Fitness or Nutrition Coach was too expensive, you're in luck. This employer-paid benefit is designed to help you and your family be as healthy as you can be. Get help for:

- ✔ Nutrition and Weight Loss
- ✔ Fitness
- ✔ Reducing Stress
- ✔ Quitting Nicotine

You also have access to an online Wellness Center

Our online Wellness Center is a self-help resource that is available to you and your family 24 hours a day, 7 days a week.

- ✔ Assessment tools to learn your risk of diabetes, cardiac issues, depression and other conditions.
- ✔ Hundreds of videos, articles and tools on virtually every health and medical condition.
- ✔ Wellness tools and tips on stress management, diet, nutrition, fitness and nicotine cessation.

**It's simple, it's free,
it's confidential, and
it's available to you and
your family members!**



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP



800.252.4555
www.theEAP.com

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Here's how it works

To access a Coach, just call your same EAP toll-free confidential number **(800-252-4555)** and ask to speak to a Wellness Coach.

Your Coach will then help you assess your needs, establish goals, and build a personal plan.

Your Coach will provide support and coaching until you reach your goals, and will provide referrals to any support resources (facilities, equipment, etc.) you may need.

To access your online Wellness Center, log in at www.theEAP.com and select the **Wellness Center & Physical Health** tile.