

Employee Assistance Program (EAP)

What is an EAP?

An EAP is a confidential, worksite-based program designed to assist both employees and employers. As such, an EAP provides assessment and referral — both in person and over the phone — for personal problems. The program also offers employers consultation on issues such as workplace violence, organizational change, substance abuse and conflict resolution. Each insured employee under an American United Life Insurance Company® (AUL) group insurance contract, along with each employee's dependents, is entitled to one visit (or session) per calendar year. EAP services are provided by EAP Consultants, Inc. (EAPC) free of charge through a contract between the employer and EAPC.

Who is EAPC?

EAPC is a private company with licensed professionals, including clinical providers, who are available 24 hours a day, seven days a week. All EAP services are totally confidential within the bounds of the law.



EAPC's clinical providers are highly experienced, licensed psychologists, clinical social workers, professional counselors, marriage and family therapists and alcohol and drug counselors. Consultants include attorneys, financial advisors and elder care and child care specialists. All providers meet stringent criteria for professionalism and experience.

EAP professionals will help employees identify and clarify concerns and develop a plan of action to create solutions that work. If additional assistance is needed, EAPC will assist employees in finding resources that are covered by their insurance and that meet their financial capabilities.

For detailed information about EAP services or assistance, contact EAP Consultants, Inc., at **1-800-869-0276**. You can also confidentially request services online at www.eapconsultants.com.

Assessment and referral services

Personal concerns

- Stress
- Crisis
- Psychiatric disorders
- Medical problems
- Work-related difficulties
- Marital & family issues
- Emotional concerns
- Relationship issues
- Life adjustments
- Alcohol & drug problems

Online services

- Stress management course
- Legal/financial library — Legal/financial articles
- Sample legal documents
- Smoking cessation program
- Identity theft resources
- Behavioral health library — Information on numerous life issues
- Wellness information
- Depression and substance abuse screenings

Childcare

- Assess childcare needs and explore care options
- Adoption resources
- Referrals for an array of childcare arrangements, camps and schools

Eldercare

- Resources and referral for both public and private eldercare facilities
- Consultation on evaluation of facilities

Legal

- Consultation provided for an array of legal issues, including family law, housing and real estate and estate planning
- Simple will prepared at no cost

Financial

- Financial planning
- Retirement planning
- Investment strategies
- Money management

Academic resources

- SAT and other testing resources
- Tutors
- College planning guides
- Sources of financial assistance

Pet services

- Referrals for breeders, kennels, veterinarians, etc.
- Pet services guide

AUL markets EAP services, however EAPC is not a OneAmerica® company.

Products and financial services provided by

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