



Well-Being Resources

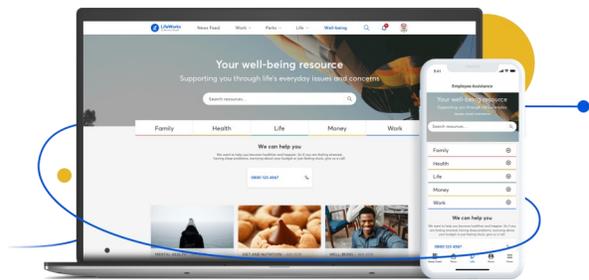
Employee Assistance Program *Employer-Sponsored*

Employee Assistance Program (EAP) is a confidential resource and referral service which assists employees with personal and/or work-related problems that may impact job performance, health, mental and emotional well-being. EAP provides tools to help you maximize productivity and meet the challenges of modern life. Services are provided through LifeWorks licensed counselors who provide objective and professional guidance.

EAP is an employer-sponsored program and services extend to members of your household at no additional cost. If you are eligible for benefits, you and your dependents are automatically covered, and may receive confidential counseling benefits.

EAP can assist with the following:

- ◆ Emotional health
- ◆ Work and career-related issues
- ◆ Financial matters
- ◆ Legal concerns
- ◆ Addiction and recovery
- ◆ Marriage and family counseling
- ◆ Childcare and eldercare assistance
- ◆ Parenting challenges
- ◆ Domestic violence
- ◆ Identity-theft recovery services
- ◆ Grief counseling
- ◆ Wellness programs
- ◆ eLearning tools
- ◆ Daily Living Service referrals, such as pet care and event planning



Referrals are available 24 hours a day, seven days a week via phone. When calling, you will be required to provide your name, date of birth, and employer name before being referred to a counselor.

If you need additional assistance outside of its scope of services, EAP will refer you to the appropriate local resource. EAP services do not include or replace medical treatment or prescriptions.

Includes a maximum of three telephonic or web-video consultations with a licensed clinician, per incident, per individual, per calendar year.



Contact KTimeHR for the dedicated EAP phone number and information on how to access the program.
Info@KTimeHR.com ▪ (800) 601-4800