



## Employee Assistance Programs (EAPs)

### A Message from Bill Collins Director of Employee Benefits



EAPs have changed quite a bit over the years, but one constant is an understanding that what is happening in our personal lives affects our work lives. Today, EAPs help with:

- Depression, grief, and emotional well-being
- Family and other relationship issues
- Alcohol and drug addiction
- Stress and anxiety
- Financial and legal issues
- Will preparation and other legal documents

These services are not limited to the employee but are also available to spouses, domestic partners, and children up to age 26. Counseling services are typically limited to three visits per concern with a Master's Level Counselor. If more help is needed, the member receives a referral within their medical plan network.

In recent years, services have expanded into other areas, such as financial planning, managing credit and debt, and budgeting strategies. Additionally, an added advantage is that discounts may be available for fitness and personal care products and services.

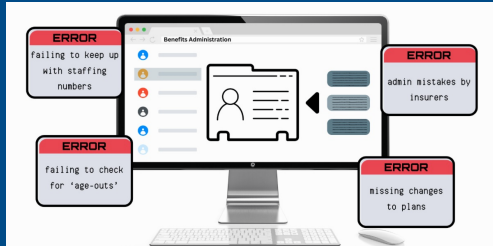
Several EAP providers sell their services on a per-employee-per-month fee basis. Before exploring those options, check with your Benefits Consultant or Account Manager. Many group medical, life, and disability plans come with the EAP included. At Infinity, we like to include references to the EAP in the Annual Open Enrollment Guide to increase awareness and utilization.

Please contact us if you have any questions!

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