

ABOUT US

Sometimes life gets tough and we all can use some help. Whether you are dealing with relationship issues, stress at work, concerns about alcohol use, or are looking to grow personally or professionally, your Employee Assistance Program (EAP) is a great resource to utilize. Acentra Health has been providing EAP services for over three decades. We are committed to helping individuals lead balanced, healthy, happy, and productive lives.

GET STARTED

You can call the toll-free number 24/7 and one of our master's level counselors will guide you through the process of getting started. You may also visit our website to learn more about the EAP benefits.



CONNECT WITH US

The Employee Assistance Program (EAP) is a completely confidential and no-cost benefit for you, your eligible family, and/or household members. EAP is made available to you by your employer. Reach out today and let us help you live your best life.



1-833-539-7285



www.sowi.mylifeexpert.com



Enter code: SOWI



Scan this QR code using your phone camera to be directed to the EAP website.

GET TO KNOW YOUR

EMPLOYEE ASSISTANCE PROGRAM

Here to *help you* through life's challenges

Administered by

Acentra
HEALTH

Employee Assistance Program Services Overview

The Employee Assistance Program can assist with life's challenges. 99% of participants report being satisfied or extremely satisfied with the EAP and 95% of participants report experiencing improvements after using our services (*based on Satisfaction Surveys*). The following benefits are available to you at no-cost.



24/7 Access

Convenient, around-the-clock access to master's level counselors through the toll-free number **1-833-539-7285**. Trained counselors are available to:

- Discuss your areas of concern
- Provide in the moment support, guidance, and recommendations
- Offer referrals to counselors or other benefits that may be helpful



Website Tools & Resources

Bookmark the EAP website as your go to resource for reliable information, such as:

- Webinars, articles, and podcasts addressing mental health, parenting, professional and personal growth/development tools
- Calculators, assessments, resource locators, and more



Legal Consultation

Should you need legal advice, take advantage of a free 30-minute in-person or telephonic consultation with an attorney.

- Areas include: divorce, estate planning, real estate, criminal issues, and more
- Receive a 25% discount should you choose to retain the attorney



Financial Consultation

Our Money Coaches will work with you to develop a plan to meet your specific financial needs during a 30-minute free telephonic consultation.

- Areas include: budgeting, credit, savings, identity theft, taxes, retirement planning, and more
- Receive 25% discount should you choose to continue the services



Counseling Benefit

Through your EAP, you and your household family members are eligible for up to **six free counseling sessions** per issue. After a conversation with one of our master's level counselors on your goals and preferences, options can be provided for network counselors that are:

- Fully credentialed and licensed
- Within convenient proximity
- Available in-person, virtually, or telephonically
- Offering timely appointments



Caregiver Resources

Childcare and Eldercare Specialists are available to you 24/7 to provide expert guidance, information, resources, and referrals for:

- Childcare: including options for in-home and centers, back-up care, special needs, and more
- Eldercare: including in-home care, housing options, aging in place supports, and more
- Caregiver support such as meal delivery, prenatal care, fertility, college planning, adoption services, and more



Work-Life/Convenience Services

Our research team can locate virtually anything to save you time. Examples include locating:

- Housing
- Entertainment
- Volunteer opportunities
- Pet care
- Fitness centers
- Relocation services
- Home repair services
- Doctors