

HELP WHEN YOU NEED IT MOST FREE. EASY. CONFIDENTIAL.

Short-Term Counseling

24/7/365 Crisis Line with Individual Risk Assessment by Mental Health Professionals

- Support for depression, anxiety, substance abuse and much more
- 10 sessions per separate issue
- Telephonic, face-to-face, or video sessions

Coaching Services

- Support for day to day stress and life's challenges
- Specialities inc. career, life, relationships, grief, wellness, behaviors
- Improves self confidence and clarity of purpose

Financial Resources

- 90 min. free consultation; discounts for additional time
- Topics include credit counseling, debt management, tax-planning, college funding, budgeting, etc.

Legal Support

- 30 min. free consultation; discounts for additional time
- Topics include civil/consumer, domestic/family, immigration, real estate, divorces, wills, etc.
- 60 min. free consultation for identity theft

Virtual Concierge Services

- 24/7 Personal Assistant to research your requests
Ex. childcare, eldercare, housing, vacations, etc.

Mindfulness Training

- Guided meditations and online classes
- Gain resiliency and lower stress levels

Health Advocacy

- Provide answers to employee benefit plans - e.g. deductibles, coverage, co-pays, pre-certification, prescription information, researching providers
- Helps with billing, appealing claims or denials

E-Learning Courses

- Access to 300+ classes via mobile app and website
- Builds personal and professional development

Self Care Pathway Solutions

- Over 5000 Personal Self-Guided Mental Health tools and resources
- Recommends personalized Pathway Solutions you can work on, whenever you want

Entertainment Discounts

- Discount offers for theme parks, hotels, shows, etc.
- Working Advantage.com

NexGen EAP+ Eligibility:

Eligible employees and eligible family members can participate in **NexGen EAP+**. Eligible family members include:

- Employee's spouse or domestic partner
- Employee's dependent children up to age 26
- Employee's unmarried children, regardless of age, residing with the employee who are mentally or physically incapable of earning their own living

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