



LIFESTYLE EAP
Wellness at Work

Lifestyle EAP is focused on service as we face the challenges impacting us as a result of COVID-19












Lifestyle EAP services are operational as we continue to serve employees and their family members

Face-to-face counseling sessions are still available on a very limited basis to provide a confidential assessment, short-term solution focused counseling and referral. **We've increased the number of providers able to provide virtual visits and telephonic counseling as an alternative for employees who prefer to remain home. Virtual and telephonic visits now make up a majority of the EAP counseling visits for the health and safety of all involved.**

Virtual visits are provided on a variety of different platforms and your EAP representative will work with you on confirming which platform works best for you.

The uncertainty of these times impacts mental health. **Lifestyle EAP is available 24 hours/day by calling 800-989-3277** with access to in-the-moment support by master's level clinicians.

Lifestyle EAP offers:

-  24/7/365 telephonic support from licensed mental health professionals
-  Solution-focused counseling
-  Management tools and consultations
-  Eldercare resources and referrals
-  Childcare resources and referrals
-  Identity Theft Recovery and Prevention
-  Legal consultations
-  Financial consultations
-  Interactive website
-  Critical Incident Stress Management
-  Wellness Seminars

**Call Lifestyle EAP at 800.989.3277 or visit www.lifestyleeap.com
Company ID: OC14 Password: lifestyleeap**